

## Cobb Salad Sandwich

Yield: 6 servings

### Ingredients:

6 boneless, skinless chicken breasts that have soaked overnight in a lemon-pepper marinade  
6 pieces Canadian-style bacon  
6 slices extra-sharp cheddar cheese  
¾ cup guacamole, preferably homemade  
¼ cup chopped eggs  
¼ cup minced green onions (optional)  
6 tomato slices  
about 3 cups shredded romaine lettuce  
6 kaiser rolls

### Procedure:

Drain marinade from chicken. Put marinade into a saucepan, bring it to a boil for several minutes and use as a basting sauce. While the marinade heats, pound chicken breasts slightly to flatten and arrange in baking dish that's been sprayed with cooking oil. Place bacon on top, and spoon some of the hot marinade over. Bake in 350 F oven for 30 minutes, basting occasionally with marinade to keep meats moist.

Remove from oven, place cheese on top of breasts and bake for another 5 minutes or until cheese is melted. As chicken bakes, mix the chopped eggs into the guacamole; add the green onions only if guacamole is onion-free. Serve the chicken-bacon combo on rolls with tomatoes, shredded lettuce and about 2 tablespoons of the guacamole mixture per sandwich.

about 500  
calories and  
21 grams of fat  
per sandwich

**For those who are watching calorie and fat intake, try a lower-fat cheese or use less guacamole. You could also substitute fat-free salad dressing for the guacamole.**



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