

Serves 2 • Serving size: about 3 cups



PREP: 15 minutes
COOK: 16 minutes

Green Goddess Tossed COBB SALAD

4 slices uncooked bacon
2 (4 oz./115 g) skinless chicken breasts
3 cups chopped romaine
½ cup shredded kale
2 cups loosely packed arugula
1 avocado, diced
1 large tomato, diced
¼ cup thinly sliced red onion
2 hard cooked eggs, diced
4 artichoke hearts, diced
2 cups cooked green beans, chopped

1. Place bacon into the base of the MicroPro™ Grill. Place cover on top of bacon in the grill position. Microwave on high 3 minutes. Remove from microwave, flip bacon. Place cover on top of bacon in the grill position. Microwave 3 minutes more. Remove bacon, place on paper towels, let cool; crumble.
2. Place chicken breasts into base of the MicroPro™ Grill. Place cover on top of chicken in the grill position. Microwave on high 5 minutes. Remove from microwave, flip chicken, place cover on chicken and microwave an additional 5 minutes. Remove chicken, sprinkle with coarse kosher salt and pepper to taste; cut into ½-inch pieces.
3. In a large bowl toss together romaine, kale, arugula, avocado, tomato, onion, eggs, artichokes, green beans, bacon and chicken. Serve dressing on the side.

Nutritional Information (per serving, doesn't include dressing):
Calories: 430 Total Fat: 23g Saturated Fat: 5g Cholesterol: 205mg
Carbohydrate: 32g Sugar: 7g Fiber: 15g Protein: 28g Sodium: 450mg
Vitamin A: 250% Vitamin C: 110% Calcium: 30% Iron: 25%

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Tupperware®



TO DEMO



MicroPro™ Grill

OPTIONAL



Measuring
Cups



Silicone
Spatula