

# BBQ Chicken Cobb Salad

Yield: 2 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-cobb-salad-recipe>

## Ingredients:

- 2 cups diced chicken cooked, like poached chicken
- barbecue sauce Favorite, to taste, store bought or homemade
- 2 cups mixed salad greens
- 6 strips bacon cooked and crumbled
- 3 hard-boiled eggs peeled and crumbled
- 2 Roma tomatoes seeded and chopped
- 1 avocado ripe, cubed, or guacamole
- 15 ounces black beans rinsed and drained, or 1 1/2 cups fresh beans
- 15 ounces yellow corn drained, or 1 1/2 cups fresh or frozen corn
- 1 cup grated cheddar and/or monterey jack cheese
- ranch
- honey mustard dressing
- kosher salt
- ground black pepper

## Nutrition:

1. Calories: 1550 calories
2. Carbohydrate: 95 grams
3. Cholesterol: 580 milligrams
4. Fat: 89 grams
5. Fiber: 29 grams
6. Protein: 101 grams
7. SaturatedFat: 31 grams
8. Sodium: 2690 milligrams
9. Sugar: 14 grams

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