

**Recipe for:** Chef Salad

**Ingredients:**

10 cups chopped romaine lettuce  
1 cup shredded or chopped boneless chicken breast  
(may also use rotisserie chicken)  
½ cup sweet onion  
½ cup shaved carrot  
1 avocado, peeled and sliced  
½ cup dressing of choice

**Preparation:**

Arrange lettuce in large bowl, top evenly with chicken, onion, carrot, and avocado.

Toss with dressing.