



CBS NEWS CONTRIBUTOR
KATIE LEE



Slim Down Your Summer Salad "Early Show" Contributor Katie Lee Shares How to Make Tasty Greens Without the Fat June 21, 2010



(CBS) With the start of summer comes lots of barbecues and lots of great food. Summer also brings bathing suit season where you want to look your best. "Early Show" contributor Katie Lee shared some great tasting summer salads that will help keep you looking slim all season long.

Light Cobb Salad

Cobb Salad is one of the most popular lunch choices, but because it is loaded with blue cheese, egg, and bacon, it can pack up to 50 grams of fat. This version loses the blue cheese and substitutes chicken for bacon and only uses egg whites. Healthy fats in the avocado provide flavor and the lettuce and tomatoes are high in carotenoids.

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INGREDIENTS:

1 slice Murray's chicken bacon, cooked and crumbled
1 egg white, chopped
1 plum tomato, chopped
3 ounces turkey, cut into bite-size cubes
1/4 of an avocado, sliced
1/2 head of boston lettuce, torn into bite-size pieces

Creamy Dijon Vinaigrette:

1 tablespoon white wine vinegar
1 tablespoon Dijon mustard
3 tablespoons extra virgin olive oil
Salt and pepper

METHOD:

Place lettuce in a salad bowl, top with bacon, egg white, tomato turkey, and avocado. Drizzle with dressing.
To make dressing: Combine vinegar and mustard in a small bowl. Whisk until completely combined. Whisk in olive oil until emulsified. Season to taste with salt and pepper. Keep in a sealed jar in the refrigerator.

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