

Avocado Chicken Salad

<p>Ingredients:</p> <p>1 ripe medium avocado 2 Tbsp Greek yogurt Juice from 1 lime 1 cup shredded Rotisserie chicken (or canned chicken or shredded chicken breast) 2 Tbsp minced fresh cilantro 2 Tbsp minced red onion ½ tsp garlic powder Salt and pepper to taste</p>	<ol style="list-style-type: none"> 1. In a bowl mash avocado, Greek yogurt, lime juice till smooth or desired consistency. 2. Stir in cilantro, red onion, garlic powder, and shredded chicken (salt and pepper if desired) until combined.
	<ol style="list-style-type: none"> 3. Serve chicken salad on whole wheat toast, crackers, leafy lettuce (spinach, arugula) or as a lettuce wrap.

Recipe serves 4 salads

Nutrition Facts for 1 serving (with raw spinach)

Fat 7g

Carbohydrates 7g

Fiber 3g

Protein 15g