



Avocado Chicken Salad

Servings 4 | Prep time 20 mins. | Total time 20 mins.

Equipment:

Medium Bowl

Measuring Cups and Spoons

Small Bowl

Utensils:

Fork or Masher

Mixing Spoon

Ingredients

1 ripe avocado, cubed, divided

$\frac{2}{3}$ cup low-fat plain Greek yogurt

1 tablespoon lime juice, divided

$\frac{1}{8}$ teaspoon chili powder

2 chicken breasts, cooked and shredded, or 1 12 ounce can of chicken breast

1 stalk celery, diced

2 tablespoons red onion, diced

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon black pepper

Instructions

1. Before you begin, wash your hands, surfaces, produce, and utensils.
2. Add $\frac{1}{2}$ of the avocado to small bowl, smash with fork until it forms an even mash. Add yogurt, $\frac{1}{2}$ tablespoon lime juice, and chili powder. Mix to combine.

3. In a medium bowl, shred chicken using two forks.
4. Add remaining ½ of the avocado, celery, remaining lime juice, red onion, salt, and black pepper into the medium bowl. Add in yogurt mixture to medium bowl and stir to combine.

Nutritional Information:

Calories 200 Total Fat 8g Sodium 220mg Total Carbs 5g Protein 23g