



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
⅔ cup low-fat plain Greek yogurt
1 tablespoon lime juice, divided
⅛ 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
¼ teaspoon salt
¼ teaspoon black pepper

Instructions

1. Before you begin, wash your hands, surfaces, produce, and utensils.
2. Add ½ of the avocado to small bowl, smash with fork until it forms an even mash. Add yogurt, ½ 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

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