

Easy Chicken Avocado Salad with Zesty Lime Dressing

Grilled Chicken Avocado Salad ?



TIME
30 min

TEMP
165°F

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INGREDIENTS

For the Chicken:

2 chicken breasts ?

1 tbsp olive oil ?

1 tsp garlic powder ?

¼ tsp paprika ?

¼ tsp salt ?

¼ tsp black pepper ?

1 tsp lemon juice ?

For the Salad:

1 large avocado ?, diced

1 cup cherry tomatoes ?, halved

... cup fresh cilantro ?, chopped

1 cup mixed greens or lettuce ? (optional)

For the Dressing:

2 tbsp olive oil ?

1 tbsp fresh lime juice ?

1 tsp honey ?

¼ tsp Dijon mustard ?

Salt & pepper to taste

DIRECTIONS

- 1.** Marinate & Grill the Chicken: Rub chicken breasts with olive oil, garlic powder, paprika, salt, pepper, and lemon juice. Grill or pan-cook over medium-high heat for 6-7 minutes per side, until golden and fully cooked (internal temp 165°F/74°C). Let rest for 5 minutes, then slice.
- 2.** Prepare the Salad: In a large bowl, gently toss together avocado, cherry tomatoes, cilantro, and greens if using.
- 3.** Make the Dressing: Whisk olive oil, lime juice, honey, Dijon mustard, salt, and pepper until emulsified.
- 4.** Assemble & Serve: Add sliced grilled chicken to the salad bowl. Drizzle with the dressing and toss lightly to coat. Serve immediately and enjoy the burst of fresh flavor!

TIPS FOR SUCCESS

Use ripe but firm avocados so they hold shape when tossed.

Add crunch with sliced cucumbers or thin red onion.

Meal prep tip : Store dressing separately and add just before serving to keep greens crisp.

