

Chicken, Mango & Avocado Salad - A Light, Tropical Twist on Your Lunch Routine

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5 min

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INGREDIENTS

Shredded chicken (cooked and cooled)

1 ripe mango, diced

1 avocado, diced

... cup red onion, finely chopped

‰ cup cherry tomatoes, halved

2 cups mixed lettuce

2 tbsp fresh cilantro, chopped

... cup pecans (optional, toasted for extra flavor)

For the Dressing:

2 tbsp olive oil

1 tbsp fresh lemon juice

1 tsp honey

Salt and pepper, to taste

Step-by-Step Instructions:

1 Combine the Salad Base:

2 Make the Dressing:

3 Toss the Salad:

4 Serve It Up:

5 Garnish & Enjoy:

Tips for Success:

Use ripe but firm mango and avocado for easy slicing and a great texture balance.

Red onions can be soaked in cold water for 5 minutes to mellow their sharpness.

Want extra crunch? Add cucumbers or bell peppers to the mix.

Lime juice can be swapped for lemon for a more tropical flavor profile.

Serving Suggestions & Pairings:

A tall glass of Blueberry Lemonade to complement the fruity flavors

A savory snack like No-Bake Monster Cookie Energy Balls for a balanced lunch combo

A no-fuss main like the 3-Ingredient Egg Wrap for breakfast-for-lunch vibes

Or turn this into a DIY salad bar with Walking Taco Bar for variety

Storage & Meal Prep Tips:

Meal Prep: Combine everything except avocado and dressing. Add those just before serving.

Fridge: Store leftovers in an airtight container for up to 2 days.

Make Ahead Tip: The dressing can be prepped up to 5 days in advance and stored in the fridge.

More Fresh & Flavorful Recipes You'll Love:

Tangy Chicken Salad - light and mayo-free with tons of flavor

DIRECTIONS

1. **Combine the Salad Base:** In a large bowl, mix the shredded chicken, diced mango, diced avocado, red onion, and cherry tomatoes. Set aside.
2. **Make the Dressing:** In a small jar or bowl, whisk together olive oil, lemon juice, honey, salt, and pepper. Taste and adjust seasoning as needed.
3. **Toss the Salad:** Pour the dressing over the chicken mixture and gently toss to coat everything evenly.
4. **Serve It Up:** Arrange a bed of mixed lettuce on plates or in a serving bowl. Spoon the dressed chicken-mango mixture on top.
5. **Garnish & Enjoy:** Sprinkle with chopped cilantro and pecans (if using) just before serving for added crunch and freshness.
6. **Tips for Success:** Use ripe but firm mango and avocado for easy slicing and a great texture balance.
7. Red onions can be soaked in cold water for 5 minutes to mellow their sharpness.
8. Want extra crunch? Add cucumbers or bell peppers to the mix.
9. Lime juice can be swapped for lemon for a more tropical flavor profile.
10. **Serving Suggestions & Pairings:** This salad is a light meal on its own but pairs beautifully with:
11. A tall glass of : Blueberry Lemonade to complement the fruity flavors
12. A savory snack like : No-Bake Monster Cookie Energy Balls for a balanced lunch combo
13. A no-fuss main like the 3-: Ingredient Egg Wrap for breakfast-for-lunch vibes

14. Or turn this into a DIY salad bar with : Walking Taco Bar for variety
15. Storage & Meal Prep Tips: Meal Prep: Combine everything except avocado and dressing. Add those just before serving.
16. Fridge: Store leftovers in an airtight container for up to 2 days.
17. Make : Ahead Tip: The dressing can be prepped up to 5 days in advance and stored in the fridge.
18. More Fresh & Flavorful Recipes You'll Love: If you're into vibrant salads and clean eating, try:
19. Tangy : Chicken Salad - light and mayo-free with tons of flavor
20. No-Bake : Energy Balls - a protein-packed snack
21. Blueberry : Lemonade - the perfect partner to any summer salad
22. Final Thoughts: This Chicken, Mango & Avocado Salad is more than just beautiful-it's packed with flavor, texture, and nourishing ingredients that keep you satisfied. It's an easy way to bring sunshine to your plate and is sure to become a go-to whether you're feeding yourself or a crowd.
23. Try it out and share your version! Tag your photos, leave a comment, and follow along at ChefManiac for more fresh, wholesome, flavor-packed recipes.

TIPS FOR SUCCESS

Use ripe but firm mango and avocado for easy slicing and a great texture balance.

Red onions can be soaked in cold water for 5 minutes to mellow their sharpness.

Add cucumbers or bell peppers to the mix.

Lime juice can be swapped for lemon for a more tropical flavor profile.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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