

Bright & Zesty Chicken Salad with Mango and Avocado

Chicken, Mango, and Avocado Salad Recipe



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INGREDIENTS

Salad:

Shredded chicken (about 1-2 cups; rotisserie or cooked breast works great)

1 ripe mango, diced

1 ripe avocado, diced

... cup red onion, finely chopped

1 cup cherry tomatoes, halved

2-3 cups mixed lettuce (arugula, romaine, or spring mix)

2 tbsp chopped fresh cilantro

... cup pecans, chopped (optional, for crunch)

Dressing:

2 tbsp olive oil

1 tbsp lemon juice (or lime juice)

1 tsp honey

Salt and pepper, to taste

DIRECTIONS

1. **Combine the Salad Ingredients:** In a large bowl, add the shredded chicken, diced mango, avocado, red onion, cherry tomatoes, and chopped cilantro.
2. **Mix the Dressing:** In a small bowl or jar, whisk together the olive oil, lemon juice, honey, salt, and pepper. Taste and adjust to your preference.
3. **Toss:** Pour the dressing over the salad mixture and toss gently to combine without mashing the avocado.
4. **Serve:** Serve the mixture over a bed of fresh lettuce. Garnish with chopped pecans for added crunch if using.
5. **Enjoy!** Eat immediately while the avocado is still fresh and the dressing is vibrant.

TIPS FOR SUCCESS

Use ripe but firm avocado to avoid a mushy texture.

Don't overdress: Start with half the dressing and add more as needed.

Meal prep tip: Keep the dressing separate until ready to serve, and add avocado last to prevent browning.

Double up: Make extra dressing to keep in the fridge for other salads or grilled veggies.

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Original recipe: <https://chefmaniac.com/bright-zesty-chicken-salad-with-mango-and-avocado/>