

Healthy Avocado Chicken Salad - Light, Creamy, and Full of Flavor

Healthy Avocado Chicken Salad



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INGREDIENTS

2 cups cooked chicken breast, shredded or diced (rotisserie chicken works great)
1 ripe avocado, mashed
1 tbsp lime juice (or lemon juice)
... cup plain Greek yogurt
... cup red onion, finely chopped
 $\frac{1}{2}$ cup cherry tomatoes, halved
 $\frac{1}{2}$ cup cucumber, diced
... cup cilantro or parsley, chopped (optional)
Salt and pepper, to taste
Optional: ... tsp garlic powder or 1 clove minced garlic

DIRECTIONS

1. Cook the Chicken (If Needed): You can poach, grill, or bake your chicken. Or skip the stove and use rotisserie chicken for convenience. Shred or dice into bite-size pieces.
2. Make the Creamy Avocado Base: In a large bowl, mash the avocado until smooth. Stir in the lime juice and Greek yogurt until fully blended. Add garlic if using.
3. Mix It All Together: Add the shredded chicken, red onion, cherry tomatoes, cucumber, and herbs to the bowl. Gently fold everything together until the dressing coats all the ingredients.
4. Season and Adjust: Taste and season with salt and black pepper. Add extra lime juice for more zing, if needed.
5. Serve or Store: Serve immediately or chill for later. Try it:
6. On a bed of greens
7. In a lettuce wrap
8. As a sandwich filling
9. With whole grain crackers or pita chips

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Original recipe: <https://chefmaniac.com/healthy-avocado-chicken-salad-light-creamy-and-full-of-flavor/>