

## Healthy & Delicious: Grilled Chicken Avocado Salad Recipe

Get ready to enjoy a salad that's anything but boring! This



**TIME**  
**6-7 min**

**TEMP**  
**165°F**

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### INGREDIENTS

2 chicken breasts (about 6-8 oz each)  
1 tablespoon olive oil  
1 teaspoon garlic powder  
¼ teaspoon paprika  
¼ teaspoon salt  
¼ teaspoon black pepper  
1 large avocado (diced)  
1 cup cherry tomatoes (halved)  
... cup fresh cilantro (chopped)  
1 cup lettuce or mixed greens (optional, but recommended for a fuller salad)  
2 tablespoons olive oil (extra virgin recommended)  
1 tablespoon fresh lime juice  
1 teaspoon honey  
¼ teaspoon Dijon mustard  
Salt & pepper to taste

#### Swaps and Notes:

Chicken: Boneless, skinless chicken thighs can be used for a juicier result; cooking times may vary slightly. You can also use pre-cooked shredded chicken for an even faster assembly.

Paprika: Smoked paprika would add a lovely smoky depth to the chicken.

Avocado: Choose a perfectly ripe avocado that yields slightly to gentle pressure.

Tomatoes: Grape tomatoes work just as well as cherry tomatoes.

**Cilantro:** Fresh cilantro is best here. If you're not a fan, fresh parsley or a mix of both would work.

**Lettuce:** Romaine, spring mix, or baby spinach are all great choices for the base.

**Lime Juice (Dressing):** Freshly squeezed lime juice is crucial for the best flavor.

**Honey (Dressing):** Adjust the amount of honey to your desired sweetness. Maple syrup can be substituted.

**Dijon Mustard (Dressing):** Acts as an emulsifier and adds a subtle tang. Don't omit it!

**Optional Additions:** Thinly sliced red onion, corn kernels, or black beans for extra flavor and texture.

## DIRECTIONS

1. Let's get this delicious and healthy salad assembled!
2. **Marinate & : Grill the Chicken:** Pat the chicken breasts dry with paper towels. In a small bowl, mix together the 1 tablespoon of olive oil, 1 teaspoon garlic powder,  $\frac{1}{8}$  teaspoon paprika,  $\frac{1}{8}$  teaspoon salt, and  $\frac{1}{8}$  teaspoon black pepper. Rub this seasoning mixture all over both sides of the chicken breasts. Heat a grill or a large grill pan/skillet over medium-high heat. Once hot, place the seasoned chicken on the grill. Cook for 6-7 minutes per side, or until golden brown, cooked through, and the internal temperature reaches 165°F (74°C).
3. Once cooked, remove the chicken from the heat and let it rest on a cutting board for 5 minutes. This allows the juices to redistribute, keeping the chicken tender and moist. After resting, slice the chicken into bite-sized pieces or strips.
4. **Prepare the : Salad Ingredients:** While the chicken rests, in a large mixing bowl, combine the diced large avocado, halved cherry tomatoes, and chopped fresh cilantro. If you're using lettuce or mixed greens, add them to the bowl now as well.
5. **Make the : Dressing:** In a small bowl, whisk together the 2 tablespoons of olive oil, 1 tablespoon of fresh lime juice, 1 teaspoon of honey, and  $\frac{1}{8}$  teaspoon of Dijon mustard. Season with salt and black pepper to taste. Whisk until everything is beautifully emulsified.
6. **Assemble & : Serve:** Add the sliced grilled chicken to the bowl with the salad ingredients. Just before serving, drizzle the luscious honey-lime vinaigrette all over the salad. Toss gently to ensure all the

ingredients are well coated with the dressing. Enjoy this flavorful, fresh salad immediately!

### SWAPS & NOTES

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**Paprika:** Smoked paprika would add a lovely smoky depth to the chicken.

**Avocado:** Choose a perfectly ripe avocado that yields slightly to gentle pressure.

### TIPS FOR SUCCESS

**Don't Overcook Chicken:** Chicken breast cooks quickly and can dry out.

Use a meat thermometer to ensure it reaches 165°F (74°C) and then remove it from the heat.

**Rest the Chicken:** Letting the chicken rest for 5 minutes after cooking is crucial for juicy results.

**Dice Avocado Last:** Dice the avocado just before assembling the salad to minimize browning.

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

Original recipe: <https://chefmaniac.com/healthy-delicious-grilled-chicken-avocado-salad-recipe/>