

Grilled Chicken Avocado Salad - The Fresh, Easy, and Healthy Meal You'll Crave

Grilled Chicken Avocado Salad - Light, Fresh & Full of Flavor!



TEMP
165°F

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ChefManiac

INGREDIENTS

- 1 grilled chicken breast ? (sliced)
- 1 ripe avocado ? (sliced)
- 1 cup cherry tomatoes ? (halved)
- 1/2 cucumber ? (diced)
- 1/4 red onion ? (thinly sliced)
- 1/2 cup corn ? (cooked or canned)
- Fresh mixed greens ?
- Fresh lime wedges ? for serving
- 2 tbsp olive oil ?
- 1 tbsp fresh lime juice ?
- 1 tsp honey ?
- Salt and pepper to taste ?

DIRECTIONS

1. Grill the : Chicken:Season your chicken breast with olive oil, salt, pepper, and grill it over medium-high heat until fully cooked (internal temp of 165°F). Let it rest before slicing.
2. Prep the : Veggies:Halve cherry tomatoes, dice cucumber, thinly slice the red onion, and slice the avocado just before assembling to keep it fresh.
3. Assemble the : Salad:In a large bowl or platter, layer the mixed greens, then top with the veggies and corn. Place the grilled chicken slices right on top.
4. Make the : Dressing:Whisk together the olive oil, lime juice, honey, salt, and pepper until emulsified.
5. Dress and : Serve:Drizzle the dressing generously over the salad. Serve with lime wedges and enjoy immediately!

SWAPS & NOTES

Pan-seared or air-fried chicken works perfectly.
A sprinkle of feta or goat cheese adds creaminess.

Toss in a hard-boiled egg or extra grilled chicken.
Skip the corn and double the cucumbers.

TIPS FOR SUCCESS

Slice avocados last to avoid browning.
Rest the chicken before slicing so it stays juicy.
Double the dressing and store it for later-it's great on tacos, grilled veggies, or even this Light Tangy Chicken Salad.

