

Healthy Grilled Chicken Avocado Salad with a Zesty Lime Dressing

Grilled Chicken Avocado Salad



TIME
7 min

TEMP
165°F

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INGREDIENTS

For the Chicken:

- 2 chicken breasts
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon lemon juice

For the Salad:

- 1 large avocado (diced)
- 1 cup cherry tomatoes (halved)
- 1/4 cup fresh cilantro (chopped)
- 1 cup lettuce or mixed greens (optional)

For the Dressing:

- 2 tablespoons olive oil
- 1 tablespoon fresh lime juice
- 1 teaspoon honey
- 1/2 teaspoon Dijon mustard

Salt & pepper to taste

Swaps and Notes:

Chicken: Chicken breasts are a great choice for this recipe as they are lean and cook quickly. You can also use chicken tenderloins or boneless, skinless chicken thighs. The garlic powder and paprika give the chicken a savory, smoky flavor.

Avocado: The key to a great salad is using a

perfectly ripe avocado. It should be firm but yield slightly when you press it.

Veggies: This recipe is very flexible. You can add other vegetables to the salad, such as corn, black beans, or sliced bell peppers. You can also use different herbs, such as fresh basil or parsley.

Dressing: The lime juice and Dijon mustard are key for a zesty, tangy dressing. The honey adds a touch of sweetness that balances the flavors. You can adjust the amount of honey to your personal taste.

Lettuce: While the salad is delicious on its own, a bed of lettuce or mixed greens makes it a more substantial meal.

Instructions:

Marinate & Grill the Chicken: Pat the chicken breasts dry with a paper towel. Rub the chicken with olive oil, garlic powder, paprika, salt, and pepper. Grill or pan-cook the chicken for 6-7 minutes per side, or until it's golden brown and cooked through. The internal temperature of the chicken should reach 165°F (74°C). Let the chicken rest for 5 minutes before slicing.

Prepare the Salad: In a bowl, mix the diced avocado, halved cherry tomatoes, and chopped cilantro. If you are using lettuce, add it to the bowl as well.

Make the Dressing: In a small bowl, whisk together the olive oil, fresh lime juice, honey, and Dijon mustard. Season with salt and pepper to taste.

Assemble & Serve: Add the sliced chicken to the salad and drizzle with the dressing. Toss gently to combine all the ingredients. Serve the salad immediately.

Tips for Success:

Pat the Chicken Dry: Patting the chicken dry with a paper towel before seasoning is a key step. It helps the seasoning stick and allows the chicken to get a better sear on the grill.

Let the Chicken Rest: Don't skip the resting step! Resting the chicken is essential for a juicy, tender result. The hot juices are forced to the center of the chicken while cooking, and resting allows them to flow back into the meat.

Use Ripe Avocado: The key to a great salad is using a perfectly ripe avocado. It should be firm but yield slightly when you press it.

Don't Over-Dress: Start with half of the dressing and add more as needed. You want the salad to be coated, but not swimming in dressing.

DIRECTIONS

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2. **Prepare the Salad:** In a bowl, mix the diced avocado, halved cherry tomatoes, and chopped cilantro. If you are using lettuce, add it to the bowl as well.
3. **Make the Dressing:** In a small bowl, whisk together the olive oil, fresh lime juice, honey, and Dijon mustard. Season with salt and pepper to taste.
4. **Assemble & Serve:** Add the sliced chicken to the salad and drizzle with the dressing. Toss gently to combine all the ingredients. Serve the salad immediately.
5. **Tips for Success: Pat the Chicken Dry:** Patting the chicken dry with a paper towel before seasoning is a key step. It helps the seasoning stick and allows the chicken to get a better sear on the grill.
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and add more as needed. You want the salad to be coated, but not swimming in dressing.

9. **Serving Suggestions and Pairings:** This meal is a complete, balanced plate on its own. For a drink pairing, a crisp white wine like a Sauvignon Blanc or a light-bodied Ros  would be a perfect complement to the fresh and savory flavors. For a non-alcoholic option, a sparkling water with a squeeze of lime would be very refreshing.
10. **Nutritional Information:** (Please note that this is an estimate and will vary based on specific brands and portion sizes)
11. This is a healthy and well-rounded meal. The chicken provides lean protein, the avocado and olive oil provide healthy fats, and the vegetables provide a variety of vitamins and fiber. It's a delicious and satisfying meal that is rich in nutrients and flavor.
12. **Storage and Leftover Tips:** Leftovers of this salad can be stored in an airtight container in the refrigerator for up to a day. It is best to store the chicken and the dressing separately from the salad to maintain freshness and texture. The avocado will brown if it is left in the salad for too long.
13. **Final Thoughts:** This Grilled Chicken Avocado Salad is a recipe that is sure to become a new favorite in your kitchen. It's a delicious, healthy, and incredibly satisfying meal that is perfect for any occasion. I hope you enjoy the incredible combination of flavors and textures as much as I do. Let me know in the comments if you gave this recipe a try!

SWAPS & NOTES

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Avocado : The key to a great salad is using a perfectly ripe avocado.

TIPS FOR SUCCESS

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It helps the seasoning stick and allows the chicken to get a better sear on the grill.

Let the Chicken Rest : Don't skip the resting step!

Resting the chicken is essential for a juicy, tender result.

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