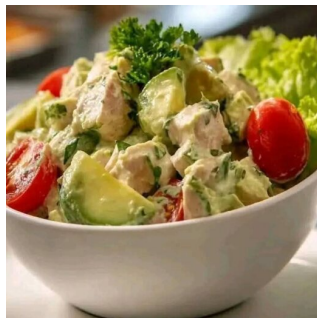


## The Best Chicken Avocado Salad (Ready in 15 Minutes!)

Creamy Chicken Avocado Salad



**TIME**  
**20 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

**SOURCE**  
**ChefManiac**

### INGREDIENTS

- 2 cups cooked chicken breast, cubed
- 2 ripe avocados, diced
- 1 cup cherry tomatoes, halved
- 2 tablespoons fresh parsley, chopped
- 1 small lettuce leaf or bed of greens (optional, for serving)
- 1 tablespoon fresh lemon juice
- 1/3 cup Greek yogurt or mayonnaise
- 1 tablespoon olive oil
- 1 garlic clove, minced
- Salt and black pepper, to taste

### DIRECTIONS

- 1.** Combine the Salad Base: In a large bowl, add the cubed chicken, diced avocado, and halved cherry tomatoes.
- 2.** Make the Creamy Dressing: In a small bowl, whisk together Greek yogurt (or mayo), olive oil, lemon juice, minced garlic, salt, and black pepper until smooth.
- 3.** Toss Gently: Pour the dressing over the salad mixture and gently toss to coat everything evenly. Be careful not to mash the avocado.
- 4.** Add Fresh Herbs: Sprinkle chopped parsley over the top and give it one final light toss.
- 5.** Serve: Serve immediately on a bed of lettuce or enjoy it on its own.

### SWAPS & NOTES

**Mayo:** Greek yogurt keeps things lighter and higher in protein.

**Add Crunch:** Try diced cucumber, red onion, or toasted nuts for extra texture.

**Spice It Up:** Add a pinch of red pepper flakes or a dash of hot sauce.

**Leftover Chicken:** This is a great way to use rotisserie chicken or leftover grilled chicken from dinners like [These Chicken Enchiladas Are My Go-To for Cozy, Crowd-Pleasing Dinners](#).

### TIPS FOR SUCCESS

Use ripe but firm avocados to prevent mushiness.

Add lemon juice early to help prevent browning.

Chill briefly (15-20 minutes) for even better flavor.

For a creative serving idea, spoon this salad into wraps similar to [This 3 Ingredient Egg Wrap Is Taking Over Busy Mornings](#).

