

# Flavorsome Chicken & Avocado Salad



America's beloved chicken salad gets a zingy dressing with garlic, pepper, lime, onion, and cilantro mixture instead of the usual sweet mustard mayo dressing. The creamy avocado addition enhances the flavors making it a satisfying lunch.

## Ingredients for 2 serving (US/Metric)

- 2 *pieces* Avocado
- 76g / 2.7oz Red Onions
- 465g / 16.4oz Chicken breast
- 3.5 *tbsp* Olive oil
- Lime juice
- Cilantro
- 3 *tsp* Garlic powder
- Salt & pepper to taste

## Nutrition (US/Metric)

- **Protein:** 39%
- **Fat:** 57%
- **Net carbs:** 4%

## Instructions

1. After de-skinning the avocado, discard the pit and mash it till it is almost lump-free.
2. Prep the cooked chicken by shredding or cutting into cubes.
3. Make the salad dressing by mixing olive oil, garlic powder, lime juice, diced red onion, chopped cilantro, salt, & pepper.
4. Add the chicken and salad dressing into the mashed avocado! Mix well.
5. Rinse and dry a butter lettuce head. Peel out 6 large outer leaves and remove brownish edges.
6. To serve, fill 1/3 cup of chicken & avocado salad in each leaf!