



AVOCADO CHICKEN SALAD

By Dr. Cindy Tanzar

Chicken salad is a timeless favorite, and there are countless ways to mix it up! This delightful recipe comes from one of our valued Genesis Health Solutions clients who transformed her chicken salad cravings by substituting traditional ingredients with plan-friendly options. It's a fantastic example of thinking outside the box to add variety to your meals. Mayonnaise can often be tricky to find with quality ingredients, so this recipe uses creamy avocado instead. Not only does it enhance the flavor, but it also adds a source of healthy fats. Enjoy this refreshing twist on a classic dish!

Makes 1 serving.



INGREDIENTS

- 3 oz. cooked chicken breasts, diced or shredded
- 1/2 of a small or 1/4 of a large avocado



- 1 tsp. lemon juice
- Pink Himalayan salt and freshly-ground pepper, to taste
- 1/4 cup cherry tomatoes, halved
- 1/4 cup celery, diced
- 1/4 cup zucchini or yellow squash, diced
- 1/4 cup cucumber, diced
- Sprinkle of sweet or red onion (can replace other vegetables)
- 1 cup kale, romaine lettuce or spring mix

INSTRUCTIONS

1. Mix avocado, lemon juice, sea salt and pepper until creamy. Add tomatoes and chicken.
2. In a bowl, place the kale or lettuce, celery, squash, onion and cucumber.
3. Place chicken mixture onto lettuce.