

SALADS

Avocado Chicken Salad

Makes 2 servings · about ¾ cup each

SATIETY SCORE	NUTRITION
● ● ● ● ● 5 / 5	HIGH
Per serving (approx.): Protein 26 g · Fiber 5 g · Calories 270	

Ingredients

- 6 oz chicken breast
- 1 ripe avocado
- 1 small onion, chopped
- 2 Tbsp fresh cilantro, chopped
- Pinch of cayenne pepper
- Salt and pepper to taste

Directions

1. Preheat the oven to 350°F and bake the chicken about 45 minutes, until cooked through; let cool and shred.
2. Mash the avocado in a bowl.
3. Mix the chicken, mashed avocado, onion, cilantro, and seasoning.
4. Chill at least 2 hours.

Note: Serve on a bed of lettuce or in a whole-grain tortilla.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Avocado Chicken Salad

Makes 2 servings · about ¾ cup each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 ripe avocado
- ☐ 1 small onion
- ☐ 1 small bunch cilantro

MEAT & POULTRY

- ☐ 6 oz chicken breast

CHECK YOUR PANTRY

- ☐ Cayenne pepper
- ☐ Salt
- ☐ Black pepper