

Chicken, Avocado & Cucumber Salad

JANEVA EICKHOFF



SERVINGS: 4

TIP: Canned tuna (packed in water or oil and drained) may be used in place of the chicken; adjust nutrition information.

NUTRITION INFO (per serving)

Calories — 256 Fat — 19 g Protein — 14 g
Carbs — 11 g Fiber — 6 g Net carbs — 5 g

Nutrition has been calculated using the MyFitnessPal recipe calculator.

INGREDIENTS (salad)

- 12.5 oz can chicken breast (packed in water), drained (I use Kirkland®)
- 1 English cucumber, sliced in half circles
- ½ large red onion, thinly sliced
- ¼ C. fresh cilantro, chopped
- 2 avocados, diced

INGREDIENTS (dressing)

- 2 T. avocado oil
- 2 T. lime juice
- 1 tsp. sea salt
- 1/8 tsp. black pepper

DIRECTIONS

1. Add all salad ingredients to a large bowl (do not mix); set aside.
2. In a small bowl, whisk dressing with a fork; drizzle over salad.
3. Gently fold salad to mix.