



AVOCADO CHICKEN SALAD

ingredients:

- 1 ripe avocado, seeded and peeled
- Juice of 1 lime
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup finely chopped cooked chicken
- 1 apple, cored and finely chopped
- 1/4 cup finely chopped red onion
- 1/4 cup finely chopped red pepper
- 2 Tablespoons chopped fresh cilantro
- 3-4 large cucumbers

directions:

1. In a small bowl, mash the avocado with the lime juice and mix with salt and pepper.
2. Mix in the chopped chicken, apple, red onion, red pepper and cilantro.
3. Slice cucumbers into 28, 1 – 1 1/2 inch thick rounds. Scoop out the seeds in the middle and fill with 1 – 1 1/2 tablespoons of the avocado chicken salad mixture.

chef's note:

If you need to store this in the fridge, keep the avocado seed in the container with the salad. The avocado seed helps to slow browning and oxidation of the avocado. This works for any avocado-based foods, like guacamole.

Yield: 28 servings

Nutrition Information Per Serving:

- 30 Calories
- 1 gram Fat
- 0 grams Saturated Fat
- 4 mg Cholesterol
- 25 mg Sodium
- 3 grams Carbohydrates
- 1.5 grams Sugar
- 1 gram Fiber
- 2 grams Protein

Food exchanges:
1/2 vegetable, 1/2 protein



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