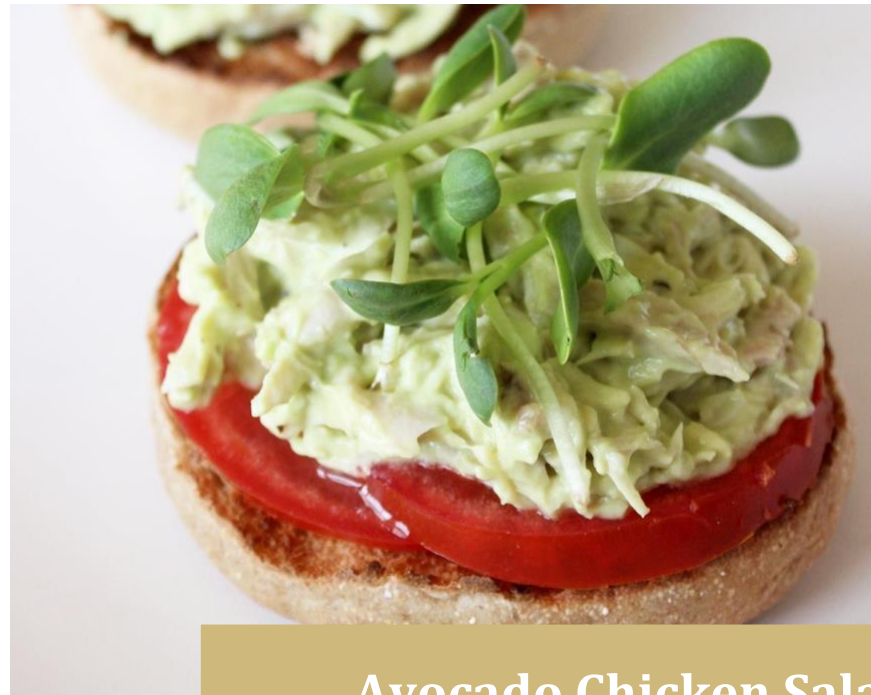


INGREDIENTS

- 1 Avocado
- ½ cup Plain Yogurt
- 4 tsp Lemon Juice
- 3 cups Shredded Chicken
- Salt and Pepper, to taste
- 4 Whole Wheat English Muffins
- 2 cups Lettuce or Sprouts
- 8 slices Tomato

DIRECTIONS

1. Cook chicken by placing chicken breasts in a large saucepan and completely cover with water. Bring to a boil on medium high heat, then reduce heat, cover and simmer until chicken is no longer pink (10-15 minutes). Drain and let cool. Use fingers or a fork to shred.
2. In a small bowl, mash avocado with yogurt and lemon juice until well combined.
3. Add chicken to mixture and mix until chicken is well coated. Add salt and pepper to taste.
4. Serve chicken salad atop a bed of greens, in a whole wheat wrap, between 2 slices of whole wheat bread or atop a whole when English muffin with lettuce and tomato slices.



Avocado Chicken Salad

| *High Protein* |

Yield:
4 Servings

Prep Time:
10 Min

Cook Time:
15 Min

NUTRITION FACTS

Calories: 425 kcal	Fat: 15 g	Carbohydrate: 35 g	Fiber: 8 g	Protein: 40 g
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