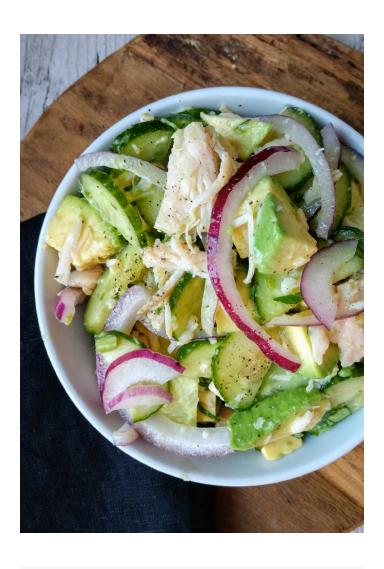
Chicken, Avocado & Cucumber Salad

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

1/4 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
- 3. Gently fold salad to mix.