

Lunch | Dinner

Mediterranean Chicken Salad

10 Mins
Prep Time

0 Mins
Cook Time

4
Servings

438 Calories **10g Fat** **73g Carbs** **24g Protein**



Ingredients

4 Servings **10 Mins Total Time** **Allergens: Dairy**

2 Very Ripe Avocados, halved

1 Cup Shredded Rotisserie Chicken

¼ Cup Oil Packed Sun-Dried Tomatoes, chopped

¼ Cup Fresh Basil, roughly chopped

¼ Cup Fresh Dill, roughly chopped

½ Cup Crumbled Feta Cheese

Juice from 1 Lemon

Salt and Pepper, to taste

Allergen Swap

Dairy Omit the feta cheese, there is no substitution for the feta cheese in this recipe.

Nourishment Note



Avocados

Avocados are a great source of healthy fats to help protect the heart. It also contains important antioxidants to help reduce inflammation in the body, important to helping you feel your best.

Instructions

1. Combine Ingredients

Add the avocado to a medium-sized bowl. Mash with a fork. Add the chicken, sun-dried tomatoes, 2 tablespoons of the oil from the tomato jar, herbs, feta, lemon juice, salt and pepper. Stir to combine. Adjust seasoning as needed.

2. Enjoy

Enjoy the salad as is, or on whole grain bread for a yummy sandwich.

Recipe adapted from halfbakedharvest.com

What You'll Need



Cutting Board



Knife



Measuring Cups



Measuring Spoons



Medium-Sized Bowl



Fork

Breathe Better Food Tip

- Try using fresh lemon juice instead of bottled, as bottled may contain sulfites that can be problematic for asthmatic patients.