



# AVOCADO CHICKEN SALAD

## MAKES 2 SERVINGS

### Ingredients:

- 6 oz of chicken breasts
- 1 ripe avocado
- 1 small onion, chopped
- 2 Tbsp fresh cilantro, chopped
- Pinch of cayenne pepper
- Salt and pepper to taste

### Directions:

Pre-heat oven to 350 degrees. Place chicken breasts in a baking dish and bake for about 45 minutes or until thoroughly cooked and tender. Allow chicken to cool, then shred with a fork. While chicken is cooling, chop the onion and cilantro and mash the avocado in a bowl. Mix chicken, mashed avocado, onion, cilantro, and seasoning. Chill for at least 2 hours. Serve on a bed of lettuce or in a whole-grain tortilla.