

## Avocado Chicken Salad

submitted by scottysjaket

Per serving: 573 Calories • 11.6g Carbs (6.7g Fiber) • 34.4g Fat • 55.1g Protein

### Ingredients

*Ingredients scaled to: 1 serving*

1 tbsp **Olive oil** (13.5 grams)

1 breast, bone and skin removed **Chicken breast** (236 grams)

1/2 fruit **Avocados** (101 grams)

2 tbsp **Pico de gallo** (32 grams)

### Directions

*Directions are based on the original recipe of 1 serving*

1. Heat oil in a pan over medium-high heat. Cook chicken, 5-10 minutes per side or until cooked through, no longer pink, and the juices run clear. Let rest for 5 minutes before shredding.
2. Shred chicken breast and add avocado. Mash/mix together until well combined.
3. Add pico de gallo and mix well. Serve and enjoy!