

Lunch | Dinner

Mediterranean **Chicken Salad**

10 Mins Prep Time

0 Mins Cook Time 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

1/4 Cup Oil Packed Sun-Dried Tomatoes, chopped

1/4 Cup Fresh Basil, roughly chopped

1/4 Cup Fresh Dill, roughly chopped

1/2 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. Wash Hands

Wash hands with soap and water.

2. 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.

3. Enjoy

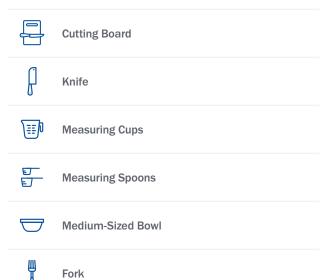
Enjoy the salad as is, or on whole grain bread for a yummy sandwich.

4. Wash Hands

Wash hands with soap and water.

Recipe adapted from <u>halfbakedharvest.com</u>

What You'll Need



Breathe Better Food Tip

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