

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. 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 [halfbakedharvest.com](https://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.