Zesty Chicken Avocado Salad Bowl

Fresh diced chicken and creamy avocado atop mixed greens, tossed with a tangy lime vinaigrette for a light, low-carb meal perfect for muscle maintenance.

Servings: 2 **Time:** 15 minutes

Ingredients

- 8 oz cooked chicken breast, diced
- 1 medium avocado, diced
- 4 cups mixed greens (spinach, arugula, romaine)
- 1/4 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 2 tbsp extra virgin olive oil
- 1 tbsp fresh lime juice
- 1 tsp Dijon mustard
- Salt and black pepper to taste

Instructions

1. In a small bowl, whisk together olive oil, lime juice, Dijon mustard, salt, and pepper to make the dressing.
2. In a large bowl, combine mixed greens, cherry tomatoes, and red onion.
3. Add diced chicken and avocado to the salad bowl.
4. Drizzle the dressing over the salad and toss gently to coat evenly.
5. Serve immediately for the freshest flavor.

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