Zesty Chicken Avocado Salad

Shredded chicken paired with creamy avocado and a light zesty vinaigrette for a refreshing, high-protein low-carb meal.

Servings: 2 **Time:** 15 minutes

Ingredients

- 8 oz cooked shredded chicken breast
- 1 large ripe avocado, diced
- 2 cups mixed greens (spinach, arugula, or spring mix)
- 1/4 cup cherry tomatoes, halved
- 1/4 cup thinly sliced red onion
- 2 tablespoons extra virgin olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- 1/2 teaspoon honey
- Salt and black pepper to taste
- 1 tablespoon fresh lime juice
- 1 tablespoon chopped fresh cilantro (optional)

Instructions

1. In a small bowl, whisk together olive oil, apple cider vinegar, Dijon mustard, honey, lime juice, salt, and pepper to create the vinaigrette.
2. In a large bowl, combine shredded chicken, diced avocado, mixed greens, cherry tomatoes, and red onion.
3. Pour the vinaigrette over the salad and gently toss to ensure everything is coated without mashing the avocado.
4. Sprinkle fresh cilantro on top for added flavor if desired.
5. Serve immediately for best taste and texture.

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