



Mango Avocado Chicken Salad

4 servings

55 minutes

Ingredients

227 grams Chicken Breast (boneless, skinless)

1 Avocado (large)

2 tbsps Lemon Juice

2 tbsps Extra Virgin Olive Oil

1/4 tsp Sea Salt

1 Red Bell Pepper (small, finely chopped)

1/4 Cucumber (deseeded and finely chopped)

4 stalks Green Onion (sliced)

1/2 Mango (finely chopped)

4 cups Baby Spinach

Directions

1

Bring a pot of water to a boil. Reduce to a gentle simmer, add the chicken and cover. Let it simmer until the chicken is cooked through, about 15 to 20 minutes. Remove the chicken from the pot and cut it into small cubes. Let it cool completely.

2

While the chicken cools, in a large mixing bowl, mash the avocado until only a few small chunks remain. Stir in the lemon juice, olive oil and salt.

3

Fold the red pepper, cucumber, green onion, mango and chicken into the avocado mixture until well combined. Season with additional salt or lemon juice if needed.

4

Divide spinach onto plates and top with chicken salad. Enjoy!

Nutrition

Amount per serving	
Calories	255
Fat	16g
Carbs	15g
Fiber	6g
Sugar	8g
Protein	15g
Cholesterol	41mg
Sodium	204mg
Vitamin A	4790IU
Vitamin C	72mg
Calcium	55mg
Iron	2mg
Vitamin D	1IU

Notes

Leftovers: Keep refrigerated in an airtight container for up to two days.

Meal Prep Option: Cook the chicken ahead of time or use leftover cooked chicken from another meal. Mash the avocado and assemble just before serving to prevent the salad from turning brown.

More Flavor: Add minced garlic, fresh parsley, cilantro, black pepper or sunflower seeds.

Make it Vegan: Use chickpeas instead of chicken.