



Avocado Chicken Salad

If you're an avocado enthusiast, you'll love this take on chicken salad. Our avocado chicken salad is bariatric friendly, helps you reach your protein intake, and is full of juicy flavor.

Ingredients:

- 2 cups cooked/shredded chicken
- 1/4 cup diced celery
- 1 Tbsp chopped red onion
- 3 ripe avocados
- 1 Tbsp fresh parsley
- 2 tsp dijon mustard
- 2 tsp fresh lemon
- Salt & pepper to taste
- 2 Tbsp sliced almonds

Directions:

1. Use a fork to mash 2 avocados. Cut 3rd avocado into cubes.
2. Add mashed avocado, chicken, onion, celery, parsley, salt, pepper, dijon mustard to large bowl and blend well.
3. Add in sliced almonds and cubed avocado.
4. Mix again. Serve right away or chill in airtight container. Enjoy!

"Push yourself, because no one else is going to do it for you." - Unknown

