Nourish Recipe

Creamy Avocado Chicken Salad

Servings: 4

Prep: 5 minutes
Cook: 15 minutes
Ready: 20 minutes

Ingredients

1 avocado about 1 cup

1 cup Greek yogurt

1 TBSP lemon juice

¼ tsp kosher salt

⅛ tsp black pepper

16 oz grilled chicken chopped, about 2 ½ cups

⅓ cup green onion thinly sliced

¼ cup roasted red pepper finely diced

Foods to reduce stress

Foods rich in magnesium, like avocados or dark leafy greens, calm the nervous system and muscles to help reduce stress

Potassium-rich foods, like avocados and bananas, help your body maintain normal blood pressure

Chicken provides lean protein and contains tryptophan, a calming amino acid that helps your body relax

What you'll need

measuring spoons

measuring cups

bowl

Creamy Avocado Chicken Salad

Instructions

1. Place avocado **(1 cup)**, yogurt **(1 cup)**, lemon juice **(1 TBSP)**, salt **(¼ tsp)** and **(⅛ tsp)** pepper in a bowl and mix vigorously until thoroughly combined and creamy.

2. Add cooked chicken **(2 ½ cups)**, green onion **(⅓ cup)** and red pepper **(¼ cup)** and mix well.

3. Place in refrigerator for at least 15 minutes before serving.

4. Serve on a bed of greens with toasted pitas, crackers or bread of choice.

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Nutrition Facts

Servings 4

Amount Per Serving

Calories	**281**

	% Daily Value
Total Fat 13.8g	**18**%
Saturated Fat 2.8g	**14**%
Cholesterol 76mg	**25**%
Sodium 256mg	**11**%
Total Carbohydrate 8g	**3**%
Dietary Fiber 3.8g	**13**%
Sugars 3.3g	
Protein 31g	
Vitamin D 0mcg	**0**%
Calcium 82mg	**6**%
Iron 1mg	**5**%
Potassium 711mg	**15**%

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