

# Mango Avocado Chicken Salad

2 SERVINGS 55 MINUTES



## INGREDIENTS

8 ozs Chicken Breast (boneless, skinless)  
1 Avocado (large)  
2 tbsps Lemon Juice  
2 tbsps Extra Virgin Olive Oil  
1/4 tsp Sea Salt  
1/4 Cucumber (deseeded and finely chopped)  
4 stalks Green Onion (sliced)  
1/2 Mango (finely chopped)  
4 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	531	Potassium	1514mg
Fat	33g	Vitamin A	7718IU
Carbs	27g	Vitamin C	68mg
Fiber	10g	Calcium	106mg
Sugar	14g	Iron	3mg
Protein	40g	Vitamin B12	0.2µg
Cholesterol	117mg	Magnesium	134mg
Sodium	414mg	Zinc	2mg

## DIRECTIONS

- 01 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.
- 02 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.
- 03 Fold the cucumber, green onion, mango and chicken into the avocado mixture until well combined. Season with additional salt or lemon juice if needed.
- 04 Divide spinach onto plates and top with chicken salad. Enjoy!

## 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.