

Foodnity Recipes

Avocado Chicken Salad – Healthy Quick Meal

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 ripe avocados, halved and pitted
- [ ] 2 cups cooked chicken breast, diced
- [ ] 1/4 cup red onion, finely minced
- [ ] 2 tbsp fresh parsley, chopped
- [ ] 1 tbsp fresh cilantro, chopped
- [ ] 1 tbsp lemon juice
- [ ] 2 tbsp extra-virgin olive oil
- [ ] Salt and pepper to taste

Optional Toppings

- [ ] 1/4 cup toasted pumpkin seeds
- [ ] A pinch of smoked paprika

Instructions

1. Dice the cooked chicken into bite-size cubes; set aside.
2. Scoop the avocado flesh into a bowl, mash gently with a fork, leaving some chunks for texture.
3. Stir in lemon juice, olive oil, salt, pepper, and smoked paprika until just combined.
4. Fold the chicken, minced red onion, parsley, and cilantro into the avocado mixture, being careful not to over-mix.
5. Taste and adjust seasoning; sprinkle toasted pumpkin seeds on top just before serving.

Nutrition per serving

420 kcal	30 g	12 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the avocado begins to brown, squeeze a little extra lemon juice over the bowl.
- For a heartier version, add a handful of diced apple for a sweet crunch.
- The salad pairs nicely with a side of Chicken Caesar pasta if you're feeding a crowd.