

ZESTY AVOCADO CHICKEN SALAD IN LETTUCE CUPS



Avocados From  **Mexico** TM

◆◆◆ ALWAYS IN SEASON ◆◆◆

AvocadosFromMexico.com



Avocados From Mexico are certified by the American Heart Association®. Certification does not apply to serving suggestions or recipes.

While many factors affect heart disease, eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.

ZESTY AVOCADO CHICKEN SALAD IN LETTUCE CUPS

INGREDIENTS

- 1** medium, ripe Avocado From Mexico, mashed
- 2** breasts (8 oz) rotisserie chicken, shredded
- 1 TB** lime juice
- 1 tsp** Dijon mustard
- ¼ cup** celery, chopped
- 2 TB** green onions, thinly chopped
- ¼ cup** cilantro, chopped
- 1** medium tomato, sliced
- ½** head of Boston Bibb lettuce, leaves separated
- salt, pepper to taste

INSTRUCTIONS

- 1.** Shred the chicken apart until you have 2 cups of chicken shredded into fairly large chunks.
- 2.** Dice the avocados into medium-sized pieces, mix with lime juice and Dijon mustard and mash well.
- 3.** Put the chicken into a large bowl and mix with avocado mixture. Gently add in celery, green onions and cilantro. Serve with sliced tomatoes in lettuce “cups.”

MAKES 4 SERVINGS

Nutrition Facts (Per serving = 1 lettuce cup) | Calories: 160, Total Fat: 8g (Sat. Fat: 1g) Cholesterol: 55mg, Sodium: 220mg, Total Carbohydrate: 7g, Dietary Fiber: 2g, Sugar: 2g, Protein: 17g