

Plate Dream

Healthy Avocado Chicken Salad Recipe

10 min Prep time	**5 min** Cook time	**15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups cooked chicken breast, shredded
- [ ] 1 large ripe avocado, cubed
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 1/2 cup cherry tomatoes, halved
- [ ] 2 tbsp fresh cilantro, chopped
- [ ] 1 cup mixed greens (optional)

For the Dressing

- [ ] 3 tbsp Greek yogurt
- [ ] 1 tbsp olive oil
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tsp Dijon mustard
- [ ] Salt and freshly cracked pepper to taste

Instructions

1. In a large bowl, whisk together Greek yogurt, olive oil, lemon juice, Dijon mustard, salt, and pepper until smooth.
2. Add the shredded chicken and toss gently to coat with the dressing.
3. Fold in the avocado cubes, red onion, and cherry tomatoes, being careful not to mash the avocado.
4. Stir in chopped cilantro and, if desired, mixed greens for extra freshness.
5. Taste and adjust seasoning with a pinch more salt or a drizzle of lemon juice if needed.
6. Serve immediately on a chilled plate or pack for a portable lunch.

Nutrition per serving

320 kcal	28 g	10 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If preparing ahead, keep the dressing separate and combine just before serving.
- A splash of extra-virgin olive oil adds silky richness without heaviness.
- For a vegan version, swap Greek yogurt for coconut yogurt and use plant-based chicken.