

Organic Chicken Salad and Avocado



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 5 oz canned organic chicken
- 1/2 tbsp avocado oil mayonnaise
- 1/8 small red onion, diced
- 1 tsp dried dill weed
- Salt and pepper to taste
- 1 small avocado, halved and pitted
- 1 small cucumber, sliced

DIRECTIONS

1. Drain canned chicken.
2. Mix together chicken, avocado oil mayonnaise, red onion, dill, salt, and pepper.
3. Fill avocados with chicken mixture.
4. Serve with a side of sliced cucumbers.

NUTRITION INFO

Calories: 532, Carbohydrate: 17 grams, Protein: 39 grams, Fat: 34 grams