

# Chicken Salad



**Course :** Main Dish  
**Categories :** Chicken, Salad  
**Source :** [www.livingupwell.com](http://www.livingupwell.com)

**Serving size :** 4 servings  
**Preparation time :** 10 mins

## Ingredients

16 ounces shredded chicken  
2 medium ripe avocados  
2 tablespoons minced red onion or shallots  
1 tablespoon cilantro  
1/2 tsp salt  
1 lemon  
2 teaspoons whole grain mustard  
1 tsp cumin  
1/2 tsp paprika

Optional:

Tomato slices  
Boston leaf lettuce/romaine lettuce  
Whole wheat bread

## Directions

1. In a large bowl, mash up avocado with the back of a fork or potato masher. Add shredded chicken to medium size bowl with the avocado. Add minced onion, finely chopped cilantro, mustard, juice of 1 lemon, salt, cumin, paprika and season with black pepper, to taste. Stir to combine.

Serve on top Boston leaf lettuce or romaine lettuce or on whole wheat bread.

## Variations

You can substitute Dijon mustard for whole grain mustard. You can mix it up by using 1 avocado and 2 tbsps hummus or substitute 1/4 cup of hummus for avocado.

Avocados are ripe when they give in when pressed slightly. If you're avocados are getting too ripe, place in the refrigerator to slow down ripening.