

Lemon Chicken Salad with Cucumber Ribbons

11 ingredients · 1 hour · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking dish with parchment paper. Place the chicken breasts in the prepared baking dish and drizzle with avocado oil. Season with Italian seasoning and half the salt. Bake for 25 minutes, or until the chicken is cooked through. Remove from the oven and immediately cover with a piece of aluminium foil for at least 10 minutes. Carefully remove the foil and let chicken cool before chopping into cubes.
2. Spiralize the cucumber using the ribbon blade. If you do not have a spiralizer, use a vegetable peeler or mandoline to create ribbons instead.
3. In a mixing bowl, whisk the olive oil, lemon juice, fresh dill, garlic and the remaining salt together. Add the chopped chicken, celery and onion to the dressing and mix well to combine. Season with additional salt if needed.
4. To serve, divide cucumber ribbons between plates and top with chicken salad. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Store the chicken salad and cucumber ribbons separately until ready to serve.

More Flavor

Add other chopped veggies to the salad like radish, peppers or tomatoes.

Make it Vegan

Use white beans or chickpeas instead of chicken.

Meal Prep Option

Cook the chicken ahead of time or use leftover cooked chicken instead.

No Fresh Dill

Use other fresh herbs like parsley or chives instead.

No Avocado Oil

Use extra virgin olive oil instead.

Ingredients

- 8 ozs Chicken Breast
- 1 1/2 tsps Avocado Oil
- 1/4 tsp Italian Seasoning
- 1/4 tsp Sea Salt (divided)
- 1/2 Cucumber (large)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 1 tbsp Fresh Dill
- 1/2 Garlic (clove, minced)
- 1/2 stalk Celery (finely chopped)
- 2 tbsps Red Onion (finely chopped)