

Mango Avocado Chicken Salad

10 ingredients · 55 minutes · 4 servings



Directions

1. Bring a pot of water to a boil. Reduce to a gentle simmer, add the chicken and cover. Let it simmer until the chicken is cooked through, about 15 to 20 minutes. Remove the chicken from the pot and cut it into small cubes. Let it cool completely.
2. While the chicken cools, in a large mixing bowl, mash the avocado until only a few small chunks remain. Stir in the lemon juice, olive oil and salt.
3. Fold the red pepper, cucumber, green onion, mango and chicken into the avocado mixture until well combined. Season with additional salt or lemon juice if needed.
4. Divide spinach onto plates and top with chicken salad. Enjoy!

Notes

Leftovers

Keep refrigerated in an airtight container for up to two days.

Meal Prep Option

Cook the chicken ahead of time or use leftover cooked chicken from another meal. Mash the avocado and assemble just before serving to prevent the salad from turning brown.

More Flavor

Add minced garlic, fresh parsley, cilantro, black pepper or sunflower seeds.

Make it Vegan

Use chickpeas instead of chicken.

Ingredients

- 8 ozs** Chicken Breast (boneless, skinless)
- 1** Avocado (large)
- 2 tbsps** Lemon Juice
- 2 tbsps** Extra Virgin Olive Oil
- 1/4 tsp** Sea Salt
- 1** Red Bell Pepper (small, finely chopped)
- 1/4** Cucumber (deseeded and finely chopped)
- 4 stalks** Green Onion (sliced)
- 1/2** Mango (finely chopped)
- 4 cups** Baby Spinach