

Avocado Chicken Salad



Ingredients

- 2 cups of chicken (about 1 lb.), cooked and shredded
- ½ cup dried cranberries
- 2 Tbsp. pecans, chopped
- 1 clove of garlic, minced
- 1 small onion, chopped
- 3 bell peppers, halved
- 1 avocado
- 1 Tbsp. light mayonnaise
- 1 tsp. olive oil
- 1 lime, squeezed
- Salt and pepper to taste

Directions:

1. In a food processor, combine garlic, olive oil, lime, mayo and avocado. Blend until smooth.
2. In a large bowl, combine chicken, craisins, pecans and onions. Add avocado mixture. Stir until thoroughly mixed.
3. Scoop chicken salad into bell pepper halves.
4. Salt and pepper to taste.
5. Serve immediately and enjoy!

*Yield 6 servings, serving size: 1 serving. Calories: 202.
Fat: 7.9 g. Cholesterol: 44 mg. Sodium: 75.1 g. Carbohydrates: 16 g.
Fiber: 4.6 g. Sugar: 58.6 g. Protein: 17.9 g.*

**These facts may vary based on size, amount, and brand use. This information is only a guide.*