

AVOCADO CHICKEN SALAD BOWL

Adapted from Kara Maloney, MS, RD, LDN

Ingredients

- 2 tablespoons sesame seeds
- 5 tablespoons olive oil, divided
- ½ pound raw chicken breasts
- 2 tablespoons rice wine vinegar
- 1 tablespoon minced mint or cilantro
- 1 small garlic clove, minced
- 1 avocado, cubed
- 1 head romaine lettuce, washed and cut into bite-sized pieces
- ½ cucumber, chopped
- 2 ounces feta cheese, crumbled
- 10 strawberries, sliced
- 4 6-inch whole wheat pita

Instructions

Toast the sesame seeds in a dry skillet until they become golden brown and fragrant, set seeds aside.

Heat the same skillet on medium high heat and place 1 tablespoon olive oil in it. Add chicken breasts and cook 4 to 6 minutes per side (until each side is browned — internal temperature should be 165 degrees). Remove cooked chicken breasts and set aside.

In a large bowl, whisk together the remaining 4 tablespoons olive oil, vinegar, mint or cilantro, and garlic. Add the avocado to the bowl and stir to coat with the dressing. Toss in lettuce and cucumber and stir to combine.

Top with sesame seeds, feta, and strawberries. Slice cooked chicken into thin strips and place on top of the salad. Serve with 1 whole wheat pita per person.

Quick Tips:

- Use a previously cooked rotisserie chicken and prewashed salad greens if short on time.

Yield: 4 servings

NUTRITION FACTS PER SERVING

CALORIES: 550

PROTEIN: 23 grams

SODIUM: 550 milligrams

CARBOHYDRATE: 41 grams

FIBER: 11 grams

FAT: 32 grams

SATURATED FAT: 6 grams