



BeFit

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Weekday RD Recipes: Avocado Chicken Salad Bowl

From Kara Maloney, MS, RD, LDN

Ingredients:

2 tbsp sesame seeds
5 tbsp olive oil, divided
½ pound chicken breasts, raw
2 tbsp rice wine vinegar
1 tbsp minced mint or cilantro
1 small garlic clove, minced
1 avocado, pit removed and flesh 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 pitas

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 tbsp olive oil in it. Add chicken breasts and cook 4-6 minutes per side (until each side is browned underneath—internal temperature should be 165 degrees). Remove cooked chicken breasts and set aside.

In a large bowl, whisk together the remaining 4 tbsp olive oil, vinegar, mint or cilantro, and garlic. Add the avocado to the bowl and stir to coat with the dressing; add 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.

Notes:

-You can also use a previously cooked rotisserie chicken if you are short on time.

Yield: 4 servings

NUTRITION INFORMATION PER SERVING:

CALORIES: 550 calories

PROTEIN: 23 g

SODIUM: 550 mg

CARBOHYDRATE: 41 g

FIBER: 11 g

FAT: 32 g

SAT FAT: 6 g