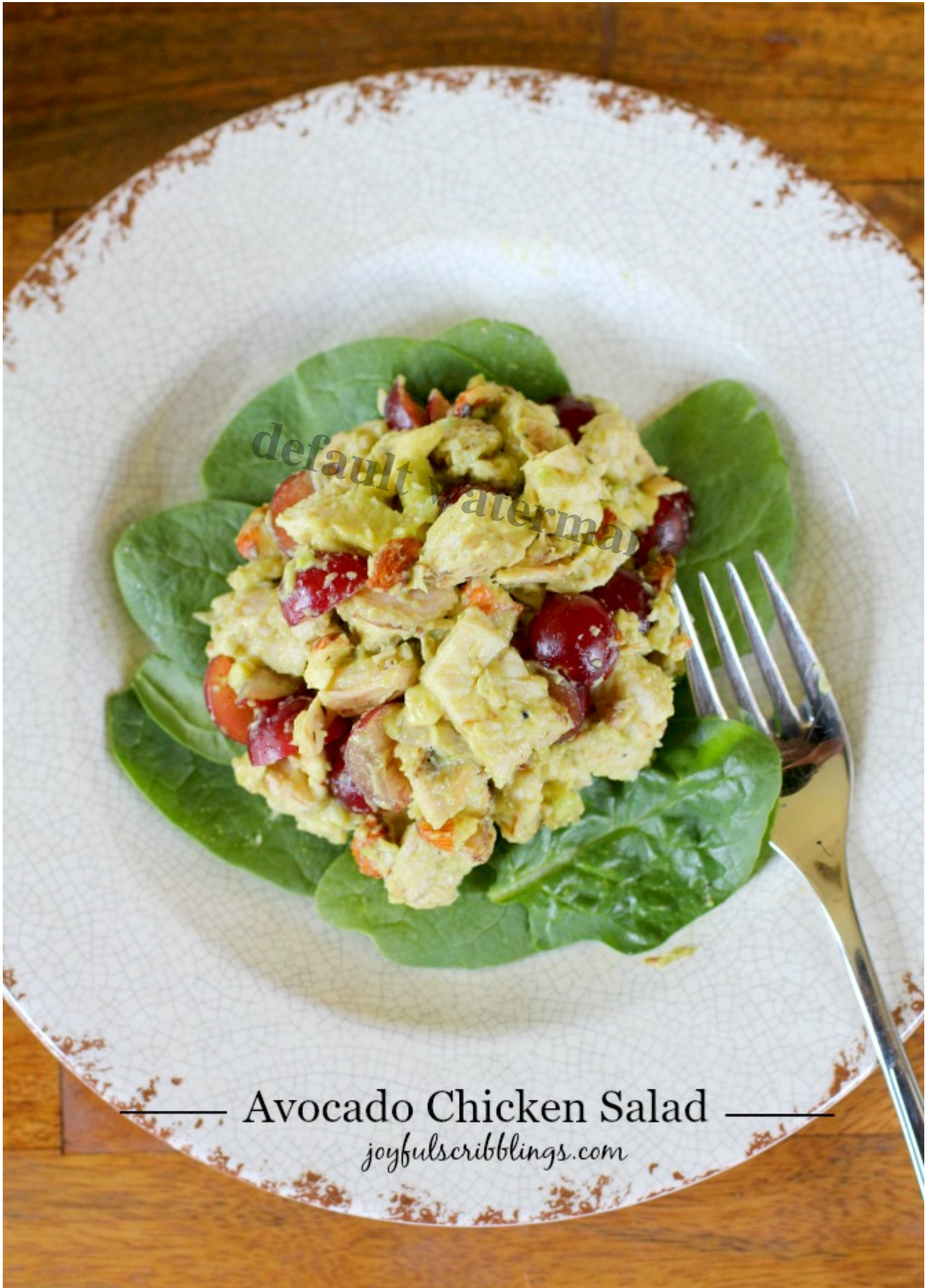




Healthy Avocado Chicken Salad

Description

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— Avocado Chicken Salad —

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Avocado has become the new mayonnaise and is the healthy fat which holds this delicious chicken salad in place. My friend Anne shared this healthy avocado chicken salad recipe with me because she knows I'm trying to clean up my eating a bit. I love avocado and have also used it as a replacement for mayonnaise in egg salad.

Avocado has numerous health benefits.

- Avocados contain 20 different vitamins and minerals. They contain more potassium than bananas.
- The majority of fat in avocado is oleic acid which is a heart healthy fat. Oleic acid has been linked to reduced inflammation and can have beneficial effects on genes linked to cancer.
- Avocados are loaded with fiber which can help with weight loss and metabolic health.
- The monounsaturated fats in avocado are beneficial for improving your skin tone and appearance.

For more proven benefits of avocados check out [this post](#). I don't eat avocado just because of the health benefits I truly love the taste and versatility of using it in recipes. I like to eat in on sandwiches, burgers, tacos, eggs, and I especially love guacamole.

The only downside to avocado is it browns quickly so I would suggest just using what you know you'll eat. I don't think browned avocado will harm you, but it doesn't look very appetizing. I have this [avocado saver](#) that I purchased last year and it works pretty well on keeping half portions of avocado green for a day or two.

This recipe for healthy avocado chicken salad is for one serving. I used 1/2 of an avocado in mine, but the original recipe recommended a quarter. You be the judge, based on how much you think you need. Instead of measuring everything to a 1/4 cup I used a handful of everything. I love the crunchy texture the almonds give it and the sweetness of the grapes mixed in.



I like to make shrimp ceviche tostadas during the summer months which also contain avocado. I shared the recipe [here](#).

Have I convinced you yet to give avocado a try? How do you like to eat avocados?

Healthy Avocado Chicken Salad
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Ingredients

- 4-8 oz chopped chicken breast
- 1/4 cup chopped almonds
- 1/4 cup red seedless grapes, halved
- 1/4 to 1/2 mashed avocado
- salt and pepper to taste

Instructions

1. Chop ingredients and mix together with mashed avocado.
2. Add salt and pepper to taste.
3. Yields 1 serving.

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