

RECIPE OF THE WEEK: PALEO EDITION

Avocado Chicken Salad

Ingredients:

1 cup chicken, diced
1 egg, diced
2 Tbsp diced red onion
¼ cup diced celery or zucchini
1 avocado, ripe
1 lemon, juiced
Sea salt to taste
Head of lettuce (optional for lettuce wraps)

Instructions:

1. Dice your chicken, egg, onion, and celery.
2. Scoop your avocado into a bowl and mash with a fork until creamy.
3. Mix in lemon juice and a couple dashes of salt.
4. Add your diced foods to the bowl and mix until coated.
5. You can eat as is, or put it on a large leaf of lettuce and wrap up to eat!

Options:

Depending on the amount of people you are serving, a nicely displayed way of serving this was to put the salad mix back into the halved avocado skins and use those like little bowls.

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