

Avocado Chicken Salad

Servings: 4

Prep time: 15 minutes

Ingredients:

- 2 cups cooked chicken, shredded or chopped
- 1 ripe avocado, mashed
- 1/4 cup chopped celery
- 1/4 cup chopped red onion (omit for low FODMAP)
- 2 tablespoons chopped fresh dill
- 1 tablespoon lemon juice
- 2 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

Directions:

Step 1

Combine: In a large bowl, combine shredded chicken, mashed avocado, celery, red onion, dill, lemon juice, Dijon mustard, salt, and pepper.

Step 2

Mix: Gently stir to combine all ingredients.

Step 3

Chill (Optional): Cover and refrigerate for at least 30 minutes to allow flavors to meld.

Serving Suggestions

- Serve on gluten-free bread or rolls.
- Use as a filling for lettuce wraps.
- Enjoy on crackers or as a dip with vegetables.
- Add to salads for extra protein and flavor.

Tips and Variations

- **Spice it up:** Add a pinch of red pepper flakes or a dash of hot sauce.
- **Add-ins:** Get creative with add-ins! Try chopped walnuts, dried cranberries, chopped grapes, or chopped jicama.
- **Make it creamy:** If you prefer a creamier texture, add a small amount of plain Greek yogurt.