

Avocado Chicken Salad

Healthy, Easy and Low-Carb



List of Ingredients

- 4 Grilled chicken breasts, cut into slices
- 1 Cup Cherry tomatoes, halved
- 4 Cups Greens of choice
 - ✓ A combination of baby spinach, rocket and butter lettuce
- 1 cup Berries
 - ✓ Like raspberries, blue berries and black berries
- 6 Ripe figs, peeled and halved
- Half a cucumber, sliced
- 1 to 2 medium sized Avocados, sliced
- Half a cup Cheese of your choice
 - ✓ Feta cheese or mozzarella

Instructions

- You can use left-over chicken breasts or grill some fresh with olive oil, salt, parsley and pepper.
- Combine all the salad ingredients. Starting with the greens at the bottom. And, ending with the cheese on the top.
- Serve and Enjoy!
- Grab our low-carb [Salad Dressing Recipe](#) here.

Salad Dressing Recipe

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List of Ingredients

- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 2 teaspoons red wine vinegar
- 1 teaspoon [red pesto](#)
- lemon juice from half a lemon
- salt and pepper to taste
- ½ teaspoon sugar, optional

Instructions

- Mix all the ingredients together
- Always mix the dressing every time before use.
- Left-over dressing can be stored and re-used.
- If you find the vinegar taste too strong, just add an extra tablespoon of olive oil.
- Drizzle over your salad and Enjoy!
- Try it with the [Avocado Chicken Salad](#).

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