



PROTEIN PUNCH CHICKEN SALAD AVOCADO CUPS

COURSE: Smoothie

CUISINE: American

We love to eat these protein-packed avocado cups for lunch or dinner! You can simplify this recipe with ready-made chicken or tuna salad but I love being able to customize mine by adding less or more of my favorite ingredients.

INGREDIENTS

- | 2 avocados, pitted
- | 2 c. diced grilled chicken
- | 1/4 c. red onion, minced
- | 1/4 c. mayonnaise
- | 3 tbsp. Greek yogurt
- | Juice of 1 lemon
- | 1/4 cup diced celery
- | 1 1/2 tsp. Dijon mustard
- | 2 tbsp. sunflower seeds
- | Pinch of Kosher salt
- | Pinch of Freshly ground black pepper
- | Chopped parsley, for garnish

INSTRUCTIONS

1. Fill the avocados with the chicken salad
2. Make the chicken salad: In a large bowl
3. Mix together chicken, celery, onion, mayo, greek yogurt, lemon juice, and mustard
4. Season with salt and pepper
5. Fill the avocados with the chicken salad
6. Garnish with parsley and roasted sunflower seeds for an added crunch!