

# Chipotle Chicken Salad Stuffed Avocado

Portion Size: 1 serving

Yield: 4

## Ingredients:

Chicken Breast, grilled or roasted	5 oz wt
Scallions, diced	2 ½ tsp
Cilantro, chopped	2 ½ tsp
Tomatoes, diced	¼ cup
Chipotle Peppers in Adobo	½ tsp
Light Mayonnaise	2 ½ tsp
Salt	Pinch
Lime Juice, fresh	3 tsp
Avocado, fresh	2 each

## Preparation:

1. Dice cooked chicken. This is a great way to use for leftovers.
2. Combine cooked chicken breast with scallions, cilantro and tomatoes.
3. In a separate bowl, mix together mayonnaise, chipotle chilies, salt and 2 tsp of lime juice.
4. Toss chipotle mayonnaise with the chicken salad ingredients until well combined.
5. Cut avocados in half. Discard pits, NO DOT peel (leave skin intact). Cut a sliver of the skin off of the bottom of each half so that avocados sit flat, instead of tilting once they are stuffed.
6. Top each avocado half with 1/4 cup of chicken salad. Sprinkle lime juice over top.

## Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
170	12	6	4	1	11	2	150

**RECIPES BY FLIK**

For additional recipes visit:  
[flik-usa.com/blog/wellness/recipes](http://flik-usa.com/blog/wellness/recipes)