

Avocado Chicken Salad Sandwich

Ingredients

1 ripe avocado (mashed)
3 cups shredded chicken (can buy rotisserie to save time)
2-3 Tablespoons plain greek yogurt
1 Tablespoon lime juice
1 Tablespoon diced red onion (can look for pre-diced)
1/4 teaspoon salt
3/4 teaspoon black pepper
1/2 teaspoon garlic powder
1 Tablespoon fresh cilantro, chopped (optional)
Whole grain bread for serving (Dave's Killer Bread is a favorite)

Directions

Stir together shredded chicken, mashed avocado, plain greek yogurt, onions, lime juice. If mixture seems dry, add another spoonful of greek yogurt. Add salt, pepper, garlic powder, and cilantro (if using). Stir to combine.

Serves

2

*NOTE: Amounts will vary for each individual athlete

