

Avocado Chicken Salad

½ cup fat-free plain **Greek yogurt**

1 tsp **cumin**

1 **lime**, juice and zest

3 tbsp **cilantro**, finely chopped

1 medium **tomato**, diced

½ ripe **avocado**, diced

2 **green onions**, white part only, diced

1 **jalapeño**, seeded and diced

2 cups cooked **chicken breast**, diced

¼ tsp each **salt** and **pepper**, or more to taste



In a medium bowl, blend together yogurt, cumin, lime and cilantro. Fold in tomato, avocado, onion, jalapeño and chicken breast. Stir to combine. Season with salt and pepper. **Serving suggestions:** Enjoy atop salad greens, stuffed into a whole-grain pita, or on warm corn tortillas.

Makes 6 servings. Per serving:

278 calories | 35g protein | 10g total fat | 2g saturated fat | 6g mono fat | 2g poly fat
78mg cholesterol | 11g carbohydrate | 3g sugar | 4g fiber | 393mg sodium