

Pineapple Avocado Chicken Salad

August 2023 Recipe

Makes: 4 servings



Ingredients

- 1 avocado (divided)
- 2 Tbsp. nonfat plain Greek yogurt
- 1 Tbsp. rice vinegar
- ¼ tsp. salt
- ⅛ tsp. black pepper
- 1 cup fresh pineapple chunks
- 1 large red bell pepper (chopped)
- ½ cup shredded carrots
- ½ cup shredded cabbage
- 1 green onion (sliced)
- 2 cups chicken breast (cooked, cubed)
- 4-6 ½-inch whole wheat pita pockets

Directions

1. Mash half of the avocado in a small dish.
2. Add the yogurt, rice vinegar, salt and black pepper.
3. Cut the remaining avocado into small chunks and mix with the pineapple, bell pepper, carrots, cabbage, green onion and chicken.
4. Add the dressing and mix gently.
5. Fill the pita pockets and serve.

Nutritional information for 1 serving

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|-----------------------|--------|
| Calories | 437 |
| Total fat | 10 g |
| Saturated fat | 2 g |
| Cholesterol | 57 mg |
| Sodium | 883 mg |
| Carbohydrate | 60 g |
| Dietary fiber | 11 g |
| Total sugars | 8 g |
| Added sugars included | 0 g |
| Protein | 31 g |

Source: MyPlate

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