



Avocado Chicken Salad

Ingredients

- 2 cooked chicken breasts, shredded
- 1 ripe avocado, mashed
- 1/4 cup Greek yogurt
- 1 tbsp lemon juice
- Salt and pepper to taste
- 1/4 cup celery, diced
- 1/4 cup red onion, finely chopped

1 tbsp fresh parsley, chopped

Instructions

1. In a large bowl, combine the shredded chicken, mashed avocado, Greek yogurt, lemon juice, salt, and pepper.

2. Add diced celery, red onion, and parsley, and mix everything until well combined. Serve as a sandwich (using gluten-free bread) or in lettuce wraps for a low-carb option.