A Kansas SNAP-Ed EZ Does it Recipe
Avocado, Potato, and Grilled Chicken Salad

Servings: 4

Ingredients:
3 medium red potatoes
1 fresh, ripe avocado
1 teaspoon lemon juice
4 green onions (chopped)
½ medium red bell pepper (chopped)
8 ounces frozen pre-cooked grilled chicken strips
   (about 8 strips) (thawed, cut into bite-size pieces)
1 tablespoon olive oil
1 tablespoon cider vinegar
½ cup lemon non-fat yogurt
1 teaspoon ground black pepper

Remember to wash your hands with soap and warm water before and after cooking.

Directions:
1. Cut potatoes into chunks. In a medium sauce pan, boil potatoes 15-20 minutes, until just tender; run under cold water to cool.
2. Peel avocado and cut into chunks; coat with lemon juice.
3. Whisk olive oil, vinegar, yogurt, and pepper in a small bowl.
4. Place all ingredients in large bowl. Gently toss.

Nutrition Facts: Each serving provides 300 Calories, 11g Total Fat, 2g Saturated Fat, 280mg Sodium, 34g Total Carbohydrate, 6g Dietary Fiber, 19g Protein

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