

# A Kansas SNAP-Ed *EZ Does it* Recipe

## Avocado, Potato, and Grilled Chicken Salad

**K-STATE**  
Research and Extension



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

