

Chicken Salad Stuffed Avocados

Looking for a fast and easy meal, that's far from 'fast food'?

This is a great recipe to keep on hand for a quick midday snack, or pair it with some hearty Beef & Bean Chili Verde, or another healthy soup, for a satisfying and savory dinner!

Ingredients:

- 2 avocados, pitted
- 2 c. shredded rotisserie chicken
- 1/4 c. red onion, minced
- 1/3 c. mayonnaise
- 2 tbsp. Greek yogurt
- Juice of 1 lemon
- 1 1/2 tsp. Dijon mustard
- kosher salt
- Freshly ground black pepper

Chopped parsley, for garnish

Directions:

1. Scoop out avocados, leaving a small border. Dice avocado and set aside.
2. Make chicken salad: In a large bowl, mix together chicken, onion, mayo, Greek yogurt, lemon juice, and mustard.
3. Fold in avocado. Season with salt and pepper.
4. Divide salad among 4 avocado halves.

Garnish with parsley.

Makes 4 servings
