

Chicken Salad in an Avocado

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This is a classic at my hometown cafe. It is low carb and delicious! It is a great alternative to serving your favorite chicken salad recipe in a bed of lettuce or as a sandwich. Serves four.

Ingredients:

2 ripe avocados, cut in half and pitted
1 breast of chicken, cooked and cubed
2 boiled eggs, chopped
1 rib of celery, diced
1/4 cup diced red onion
1/4 cup mayonnaise
1/4 cup almonds, chopped
1/4 parsley, chopped
salt and pepper, to taste

Directions:

1. Combine the chicken, eggs, celery, onion, mayonnaise, almonds, and parsley in a medium bowl. Mix until fully combined. Season with salt and pepper.
2. Remove the avocados from their husk being sure to keep them in one whole piece. Season with salt and pepper.
3. Fill the cavity of the avocado with chicken salad creating a heaping top.
4. Serve with a knife and fork.

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