

# Avocado CHICKEN SALAD

Noelle is a dietitian and mom of three boys. She has a passion for educating, inspiring, and supporting others to make the healthiest choices possible with the resources available. Noelle has a blog ([motherhoodandmeals.com](http://motherhoodandmeals.com)) where she shares recipes, nutrition tips, and snapshots of her journey through motherhood.

Noelle also has a private practice ([www.rdservices.ca](http://www.rdservices.ca)) and teaches courses at a Brescia University College in Ontario, Canada.



## Nutrition Facts

servings per container  
Serving size (230g)

Amount per serving  
**Calories 200**

% Daily Value\*

Total Fat 12g 15%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 75mg 3%

Total Carbohydrate 14g 5%

Dietary Fiber 5g 18%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 0mcg 0%

Calcium 28mg 2%

Iron 1mg 6%

Potassium 579mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Prep time: 15 Minutes  
Cook time: N/A  
Serves: 3-5 People

## INGREDIENTS:

- 2 cooked chicken breasts
- 1 granny smith apple, diced
- 1 avocado, diced
- 1 NatureFresh™ Farms Yellow Bell Pepper, diced
- 1 NatureFresh™ Farms Mini Cucumber, diced
- 1 stalk of celery, diced
- 1-2 tbsp. avocado mayo

## MEAL PREP TIP:

Cook extra chicken at dinner and use it for this recipe for an easy lunch or dinner the next day!

## STEPS:

- Mix all ingredients together and serve in traditional corn or tortilla wraps, lettuce wraps, or as a dip with whole grain crackers.

## NUTRITION NOTE:

This recipe is loaded with high-quality protein, fiber, omega 3 fatty acids, vitamins, and minerals. The vitamin C in the Yellow Bell Pepper supports increased iron absorption from the chicken.



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