

## Southwestern Chicken Salad in Avocado Cups

Quick and easy – full of protein!

### Ingredients

2 cups cooked chicken, shredded  
2/3 cup light sour cream  
3 Tbls chunky salsa  
1 Tbls fresh chopped cilantro  
1 tsp lime juice  
2 avocados



### Directions

1. Fold chicken, sour cream, salsa, cilantro and lime juice together in a large bowl.
2. Cover and refrigerate chicken salad for 30 minutes to blend flavors.
3. When ready to serve, slice avocados in half and remove pit. Use each half as a serving bowl for 1 person. Divide chicken salad evenly.
4. Garnish with more cilantro and serve.

Note: I use rotisserie chicken with plenty left over for other meals. You can cut the avocados in fourths and divide the salad into 8 servings if you are adding a side dish or soup.

Makes 4 servings

### Nutrition Facts:

Calories 395  
Total Fat 15g  
Effective Carbohydrates 3g  
Dietary Fiber 3g  
Protein 55g

From The Good Carb Chef