

Greek Avocado & Chicken Salad

An abundance of flavor and beautiful too!

Ingredients

Salad:

- 4 (1 lb) chicken breast halves – shredded or chopped
- 1 avocado – sliced
- ½ red onion – thinly sliced
- ½ cup kalamata olives – pitted and quartered
- 6 oz. jar (oil packed) sun dried tomatoes – drained & sliced
- 1/3 cup crumbled feta cheese
- ¼ cup pine nuts



Dressing:

- 1/3 cup olive oil
- ½ cup Greek yogurt – plain & 0% fat
- ¼ cup reduced fat mayo
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp garlic powder
- 1 tsp dried dill or ¼ cup fresh dill – chopped
- 1 Tbls white wine vinegar
- Juice of 1 lemon

Directions

1. Combine all dressing ingredients. Whisk well and set aside.
2. Combine all salad ingredients in large bowl. Pour dressing over the top and toss well to combine. If preparing in advance, add avocado just prior to serving.

Makes 8 servings

Nutrition Facts:

Calories	316
Total Fat	22g
Total Carbohydrates	7g
Dietary Fiber	5g
Protein	28g