

## Chicken & Avocado Cups

Savory goodness packed in a cup!

### Ingredients

6 oz. chicken breast, cooked & chopped  
3 oz. cream cheese  
4 cherry tomatoes, quartered  
1 clove garlic, minced  
¼ tsp onion powder  
Salt & pepper to taste  
Dash of cayenne pepper  
2 avocados, halved & pitted  
½ cup parmesan cheese



### Directions

1. Preheat oven to 375 degrees F. Spray small muffin pan or line with paper cups.
2. Cut & pit avocados. Scoop a bit from the center to enlarge the cup. Add to bowl with remaining ingredients.
3. Place avocado halves into muffin pan to stabilize.
4. Mix ingredients together and divide into avocado halves.
5. Bake until cheese is melted. Approx. 10-12 minutes.

Makes 4 servings

### Nutrition Facts:

Calories	372
Total Fat	30g
Total Carbohydrates	14g
Dietary Fiber	8g
Protein	16g

Note: You can substitute the cherry tomatoes with sundried tomato for a little different taste!