

Diablo Avocado Traditional Chicken Salad

Serves: 4

Serve in avocado halves, over greens, in a tortilla, with crackers, or on sandwich or pita bread.

Salad Ingredients:

1-1/2 cups precooked or poached chicken chopped into 1/4 inch cubes, recipe follows
1 apple chopped into 1/4 inch cubes
1 celery stalk, chopped
1/4 cup chopped red onion
1/4 cup chopped pecans
1 clove garlic, minced
1/4 cup lemon or lime juice (juice of 2 lemons/limes)
1/4 cup Diablo Verde Creamy Cilantro Sauce
1/2 avocado, seeded, peeled, and cubed
Salt and pepper to taste

Poached Chicken Ingredients:

2 medium uncooked chicken breasts
1 clove garlic
1 tablespoon lemon juice
1/4 teaspoon salt



Salad Directions:

- Combine cooked chicken, apple, celery, red onion, pecans, garlic, and lemon or lime juice in a large bowl. Stir to combine.
- Add Diablo Verde, stir to coat, then add avocado and gently mix all ingredients. Season with salt and pepper.
- Enjoy!

Poached Chicken Directions:

- Place chicken breasts in a medium saucepan with garlic, lemon juice, salt, and enough water to fully cover the chicken by an inch. Heat over medium-high heat until water boils, turn down heat and simmer 15 minutes or until chicken is fully cooked.

Recipe courtesy of Maite McCollam

Photo by [Sari M Bailey](#).

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