



# Avocado, Potato, and Grilled Chicken Salad

**Prep time:** 45 minutes

**Makes:** 4 Servings

Fresh avocado with red potatoes, chicken, and a lemon-yogurt dressing are a winning combination for this main-dish salad.

## Ingredients

- 3** medium red potatoes
- 1** fresh ripe, avocado
- 1 teaspoon** lemon juice
- 4** green onions (chopped)
- 1/2** medium red bell pepper (chopped)
- 8 ounces** frozen pre-cooked grilled chicken strips (about 8 strips) (thawed, cut into bite-size pieces)
- 1 tablespoon** olive oil

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>300</b>
<b>Total Fat</b>	<b>11 g</b>
Saturated Fat	2 g
Cholesterol	40 mg
<b>Sodium</b>	<b>280 mg</b>
<b>Total Carbohydrate</b>	<b>34 g</b>
Dietary Fiber	6 g
Total Sugars	6 g
Added Sugars included	3 g
<b>Protein</b>	<b>19 g</b>
Vitamin D	0 mcg
Calcium	60 mg
Iron	2 mg
Potassium	1228 mg

N/A - data is not available

## MyPlate Food Groups

 Vegetables	1 cup
 Protein Foods	2 ounces

**1 tablespoon** cider vinegar

**1/2 cup** lemon non-fat yogurt

**1 teaspoon** ground black pepper

## Directions

1. In a medium sauce pan, boil potatoes about 20 minutes, until just tender; run under cold water to cool, and cut into chunks.
2. Peel avocado and cut into chunks; coat with lemon juice.
3. Whisk olive oil, vinegar, yogurt, and pepper in a small bowl.
4. Place all ingredients in large bowl. Gently toss.

## Notes

Serving Suggestions Serve with an 8 oz glass of non-fat milk, 1 slice of whole-grain bread, and apple slices.

**Source:** Produce for Better Health Foundation