

# CHICKEN AND AVOCADO SALAD WITH LIME AND CILANTRO

yield: **6 SERVINGS**

prep time: **15 MINUTES**

total time: **15 MINUTES**



*This low-carb Chicken and Avocado Salad with Lime and Cilantro has a perfect combination of flavors; make the salad with more green onion and skip the cilantro if you prefer.*

## INGREDIENTS

- 3 cups cooked chicken, cut into large pieces
- 2 medium avocados, diced
- 3 T fresh squeezed lime juice, divided
- salt, to taste
- 1/4 cup thinly sliced green onion
- 1/2 cup finely chopped fresh cilantro (see notes)
- 3 T mayo (see notes)

## INSTRUCTIONS

1. Cut up enough chicken to make 3 cups of chopped chicken. I like it cut into fairly large chunks.
2. Dice the avocados into medium-sized pieces, put in small bowl, mix with 1 T of the lime juice, and season avocado with salt to taste.
3. Thinly slice the green onion and finely chop the cilantro (if using).
4. Mix 3 T mayo and 2 T lime juice to make the dressing. (If you're not a huge lime fan like I am, you might want to start with less lime and taste, adding more until it seems sour enough for you.)
5. Put the chicken into a bowl large enough to hold all the salad ingredients.
6. Add the sliced green onions and dressing and toss until all the chicken is coated with dressing.
7. Add the avocado and any lime juice in the bottom of the bowl and gently combine with the chicken.
8. Then add the chopped cilantro and gently mix into the salad, just until it is barely combined. Season with salt to taste.

9. Serve right away or chill for a while before serving. This could be served inside pita bread or sandwich bread, or inside crisp lettuce cups, but we just ate it as a salad.
10. This will keep in the fridge overnight, but the avocado is best when it's freshly made. When I make it I rarely have leftovers, but if you're only making for one or two people you might want to cut the recipe in half.

## NOTES

If you're not a cilantro fan just triple the green onion and skip the cilantro completely. If you like a lot of dressing on your salads, you might want to slightly increase the dressing amounts.

If you want a version of this salad that's even lower in carbs, use more chicken and less avocado.

*Recipe was adapted from [Avocado Chicken Salad](#) from *Becoming Betty*, which my sister Pam's friend found on [Pinterest](#).*

**NUTRITION INFORMATION:** YIELD: 6 SERVING SIZE: 1

*Amount Per Serving:* **CALORIES:** 306 **TOTAL FAT:** 24g **SATURATED FAT:** 5g **TRANS FAT:** 0g  
**UNSATURATED FAT:** 17g **CHOLESTEROL:** 66mg **SODIUM:** 195mg **CARBOHYDRATES:** 7g **FIBER:** 5g  
**SUGAR:** 1g **PROTEIN:** 18g

*Nutrition information is automatically calculated by the Recipe Plug-In I am using. I am not a nutritionist and cannot guarantee 100% accuracy, since many variables affect those calculations.*

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