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▶▶ June 2014 ◀◀

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## ***Chicken and Avocado Salad***

- 4 1/2 Tsp oil, olive, extra-virgin
- 1 Tbsp lime juice, fresh
- 1 1/2 Tsp cilantro, fresh chopped
- Salt to taste
- Pepper, black ground to taste
- 1/2 Head lettuce, romaine chopped (4 cups)
- 1 Medium tomato diced
- 1/2 Medium cucumber peeled, seeded, and sliced
- 8 Ounces chicken, breast, boneless, skinless, roasted shredded
- 1/2 Medium avocado pitted, peeled, and sliced

- 1) 1 In a small bowl, whisk together oil, lime juice, cilantro, and a pinch of salt and pepper.
- 2) 2 In a large bowl, combine lettuce, tomato, and cucumber. Toss with half of the dressing and season to taste with additional salt and pepper; divide among 2 plates.
- 3) 3 Toss chicken with 1/2 tablespoon of the remaining dressing and divide among salads. Top with avocado slices, drizzle with remaining dressing, and serve.

Makes 2 Servings

