

ZESTY LIME AVOCADO CHICKEN SALAD

Zesty Lime Avocado Chicken Salad

Bariatric, Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 4 (Serving = 3/4 cup)

Nutrition (per serving)

Calories: 270	Total Carbohydrate: 8
Total Fat: 11 g	Dietary Fiber: 3 g
Saturated Fat: 2 g	Total Sugars: 3 g
Sodium: 460 mg	Protein: 36 g

Ingredients

- 1 ½ pounds chicken breast
- 2 Tablespoons freshly-squeezed lime juice (reserve 1 Tablespoon for salad)
- ½ teaspoon minced garlic
- ½ teaspoon onion powder
- ¼ teaspoon ground black pepper
- 1 cup water
- ¼ teaspoon salt
- ¾ cup chopped red onion
- ¾ cup chopped red bell pepper
- ½ cup plain non-fat Greek yogurt
- 1 whole avocado, peeled and seeded
- 1 Tablespoon chopped fresh cilantro

Directions

1. Add chicken, 1 Tablespoon of lime juice, garlic, onion powder, salt, pepper, and water into Instantpot®, close lid and make sure vent is sealed. Set Instantpot® on high pressure for 30 minutes.
2. Combine the rest of lime juice and salt, with red onion, red pepper, Greek yogurt, avocado and cilantro in large bowl and mix thoroughly.
3. Once cooked, spoon chicken from Instantpot® into a large bowl and let it sit for 1-2 minutes before shredding with metal fork. Spoon shredded chicken into large bowl with avocado mixture and mix thoroughly.

To make bariatric diet friendly:

Decrease serving size 1/4 cup

Updated bariatric nutrition information: Calories 90, Total Fat 3.5g, Sat Fat 0.5g, Sodium 153mg, Total Carbohydrate 3g, Fiber 1g, Sugar 1g, Protein 12g