

# Avocado & Potato Chicken Salad

## INGREDIENTS

- 3 medium red potatoes
- 1 fresh ripe, avocado
- 1 teaspoon lemon juice
- 4 green onions, chopped
- ½ medium red bell pepper, chopped
- 1 tablespoon olive oil
- 8 ounces frozen pre-cooked grilled chicken strips (about 8 strips), thawed and cut into bite-size pieces
- 1 tablespoon cider vinegar
- ½ 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.



*Recipe courtesy of the U.S. Department of Agriculture*

**Serves: 4 | Serving size: 1/4 of the recipe**

**Nutrition Information:** Calories: 300; Total fat: 11g; Saturated fat: 2g; Cholesterol: 40mg; Sodium: 280mg; Total carbohydrate: 34g; Dietary fiber: 6g; Protein: 19g.