

Avocado Chicken Salad

- 1 lb. boneless skinless chicken breasts
- 1 teaspoon butter
- 2 cups cherry tomatoes, quartered
- 2 avocados, cubed
- 1 medium red onion, thinly sliced
- A handful of fresh cilantro leaves, chopped
- Juice of 1 large lime
- 2 teaspoons extra-virgin olive oil
- Himalayan sea salt and fresh ground black pepper, to taste, about
- 1/4 teaspoon each



1. Melt butter in a large skillet over medium-high heat. Add in the chicken and season with sea salt and pepper.
2. Sear for about 4 minutes on each side, or just until cooked through and no longer pink in the inside.
3. Set your cooked chicken aside on a cutting board to rest for a few minutes, then using a sharp knife cut it into bite sized cubes.
4. In a large bowl, add in your cubed chicken together with tomatoes, avocado, onion, and cilantro.
5. Squeeze fresh lime juice over and drizzle with olive oil. Toss gently to combine, then taste test, and season with sea salt and pepper to taste.

Serving Size = 2 cups of vegetables, 1/8 avocado and 3 ounces of chicken