



## Spiced Chicken Salad with Avocado Cilantro Dressing (AIP)

**Active Time:** 5 minutes | **Total Time:** 10 minutes | **Serves:** 1

### Nutrition Information Per Serving

551.1 calories, 15.41 g carbohydrate, 8.9 g fiber, 6.51 g NET carbs, 47.34 g protein, 34.24 g fat

#### Ingredients

- 1 cup organic spinach
- 1/2 medium(s) organic avocado, diced
- 1 Tbsp fresh, organic cilantro
- 2 tsp(s) organic lime juice, divided
- 1/2 medium(s) organic cucumber, sliced
- 1/4 small(s) organic red onion, thinly sliced
- 1/8 tsp(s) organic garlic powder
- 1 tsp turmeric
- 1 Tbsp extra virgin olive oil
- 1 cup pastured chicken breast, cooked and cubed

#### Preparation

1. In a large bowl, toss spinach, cooked chicken, onion, and cucumber with half of the lime juice.
2. In a blender or Magic Bullet, combine oil, avocado, garlic powder, cilantro, turmeric and remaining lime juice. Blend until smooth.
3. Divide salad among plates and drizzle with dressing.

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