



Spicy Chicken Salad with Avocado Cilantro Dressing

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

Nutrition Information Per Serving

427 calories, 16.92 g carbohydrate, 9.36 g fiber, 7.56 g NET carbs, 30.57 g protein, 28.62 g fat

Ingredients

- 1 Tbsp Primal Kitchen Mayonnaise
- 1/2 medium(s) organic avocado, diced
- 1 Tbsp fresh, organic cilantro
- 1/8 tsp(s) organic garlic powder
- 2 tsp(s) organic lime juice, divided
- 4 ounce(s) pastured chicken breast, cooked and cubed
- 4 organic cherry(s) organic cherry tomatoes, halved
- 1/4 small(s) organic red onion, thinly sliced
- 1/2 medium(s) organic cucumber, sliced
- 1/8 tsp(s) cayenne pepper
- 1 cup organic spinach

Preparation

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

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