



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### AVOCADO CHICKEN SALAD

1 tablespoon avocado oil	3 tablespoons Dijon mustard
1 pound boneless skinless chicken breast	2 tablespoons lemon juice
Salt and pepper to season	2 tablespoons fresh basil, chopped
2 avocados, mashed	½ teaspoon cumin
1/3 cup finely diced celery	½ teaspoon garlic powder
1/3 cup finely diced red onion	

1. Season both sides of chicken breast with salt and pepper.
2. Heat a large skillet to medium high heat. Add in oil and seasoned chicken breast.
3. Cook chicken breast for 4-6 minutes per side, or until chicken is no longer pink.
4. Remove from heat and let cool for 10 minutes. Shred chicken breast.
5. Add shredded chicken breast to a large bowl with mashed avocado, celery, red onion, Dijon mustard, lemon juice, basil, cumin and garlic powder. Using a spoon, mix everything together until well combined.
6. Serving suggestions: Bread or pita, Lettuce cup, Apple slices, Cucumber slices, Tomato, Crackers or Plain.

Makes 4 cups.

*\*This chicken salad is paleo, gluten free and low carb.*