

Grilled Chicken Avocado and Mango Salad

This zesty dish is rich in potassium and fiber and low-carb.

Serves 4

Ingredients

- 12 oz boneless skinless chicken breast
- 1 cup diced avocado
- 1 cup diced ripe mango
- 2 tbsp diced red onion
- 6 cups chopped romaine lettuce
- 1 tbsp olive oil

For vinaigrette dressing:

- 2 tbsp olive oil
- 2 tbsp white balsamic vinegar
- Salt and pepper to taste



Directions:

1. Heat pan or grill pan over medium and coat with olive oil.
2. Season chicken breasts with salt and pepper and cook for 4-5 minutes on each side or until cooked through.
3. Whisk vinaigrette ingredients in a small bowl.
4. Cut chicken into slices and toss with lettuce, avocado, mango, onion and vinaigrette.
5. Divide into plates and enjoy!

Nutrition Facts	
Serving Size 2 cups	
Amount Per Serving	
Calories 377	Calories from Fat 218
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 76mg	25%
Sodium 81mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 26g	52%

*Percent Daily Values are based on a 2,000 calorie diet.

Tip: Make a double batch for next day's lunch! Just toss with vinaigrette when ready to eat to keep crisp.