

Chicken Guacamole Salad

Preparation Time: 10 minutes **Number of Servings:** 4

Ingredients:

- 2 cups diced rotisserie chicken breast
- 1 cup diced celery
- 1 1/2 cups seedless grapes, halved
- 1/3 cup sliced green onions
- 8oz package prepared guacamole (classic style)
- Black pepper, to taste preference
- Optional: whole grain wrap or whole grain crackers



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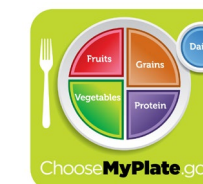


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Directions:

1. Add the diced rotisserie chicken breast to a large bowl along with the diced celery, halved grapes, sliced green onions, and prepared guacamole.
2. Add pepper to taste along with any other seasonings you like (e.g. garlic powder, dill weed, or parsley).
3. Mix well until all ingredients are blended together and creamy.
4. Serve the chicken salad along with whole-grain crackers or inside a whole wheat wrap.

Nutrition Facts (per serving, do not include crackers or whole wheat wrap to serve with it):

Calories: 287 Protein: 18gm Total Carbohydrates: 17gm
Fiber: 7gm Total Fat: 17gm Cholesterol: 40mg Sodium: 370mg

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