



EASY CHICKEN AVOCADO MANGO SALAD

Enjoy this by itself or as a side dish. Serve alone, on a bed of salad greens, with crackers or tortilla chips, or fill taco shells.

Serves two. If getting together with more friends or family, simply double the ingredients.

INGREDIENTS

- 1 chicken breast (or salmon, shrimp or your favorite protein)
- 1 cubed avocado
- 2 tbsp cilantro
- 1 tsp minced garlic
- 1 cubed mango
- 1/2 cup halved grape tomatoes
- 1/4 purple onion, thinly sliced
- 1/2 lemon squeezed or 1/8 cup lemon juice
- 1/4 tsp salt
- optional: 1/4 cup cooked corn

DIRECTIONS

- Place all ingredients in a bowl.
- Toss ingredients to mix well.