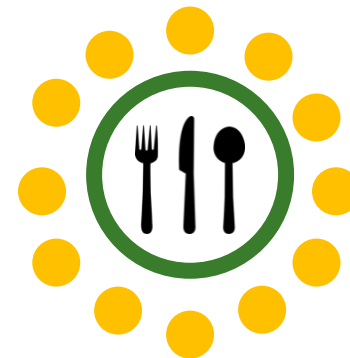


## recipe of the week:

### *Chicken Salad Stuffed Avocados*



#### ingredients:

2 avocados, pitted

2 cups shredded rotisserie chicken

1/4 cup red onion, minced

1/3 cup mayonnaise

2 tbsp. Greek yogurt

Juice of 1 lemon

1 ½ tsp. Dijon mustard

Kosher salt

Freshly ground black pepper

Chopped parsley, for garnish

#### directions:

1. Scoop out avocados, leaving a small border. Dice avocado and set aside.

2. Make chicken salad: In a large bowl, mix together chicken, onion, mayo, greek yogurt, lemon juice, and mustard. Fold in avocado. Season with salt and pepper.

3. Divide salad among 4 avocado halves. Garnish with parsley.

Presented by:

