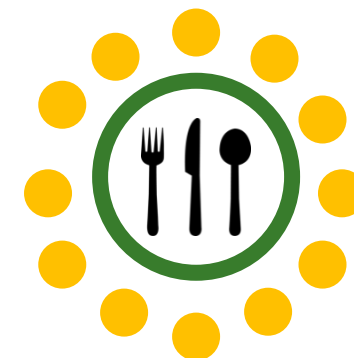


recipe of the week:

Chicken Salad Stuffed Avocados



ingredients:

directions:

2 avocados, pitted

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

2 cups shredded rotisserie chicken

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.

1/4 cup red onion, minced

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

1/3 cup mayonnaise

2 tbsp. Greek yogurt

Juice of 1 lemon

1 1/2 tsp. Dijon mustard

Kosher salt

Freshly ground black pepper

Chopped parsley, for garnish

Presented by:

