



Avocado Chicken Salad

1 avocado, mashed to chunky consistency
1/2 cup low-fat cottage cheese
1/3 cup plain Greek yogurt
2 tablespoons lemon juice
1/2 tsp salt
1/4 tsp black pepper
1 clove garlic minced
4 cups chicken breast, cooked and shredded
3 green onions, chopped
1/2 cup cilantro, chopped

Add cottage cheese, Greek yogurt, lemon juice, salt, pepper, and garlic to a food processor or blender. Process until completely smooth. Stir in mashed avocado, chicken, green onions, and cilantro. Keep tightly covered in the refrigerator until ready to eat. Makes 6 servings.

Nutrition information per serving: 238 calories, 33 grams protein, 9 grams fat, 5 grams carbohydrate, 336 mg sodium.