

Mexican Chicken Salad

This Mexican chicken salad is jam packed with fresh, vibrant flavors, big, creamy chunks of avocado and leftover chicken.

Makes: 4 servings

Prep Time: 30 minutes

Source: [chopchopfamily.org, recipe/ mexican-chicken-salad](http://chopchopfamily.org/recipe/mexican-chicken-salad)

Ingredients

- 2 cups leftover diced or shredded chicken (2–3 pieces, depending on the size)
- 2 medium tomatoes, diced (about 1 1/2 cups)
- 2 ripe avocados, peeled, pitted, and diced (about 2 1/2 cups)
- 1 cup corn kernels, either frozen and thawed or cut from a leftover boiled, steamed, or grilled cob
- 2 scallions, greens and whites, chopped or 2 tablespoons chopped red onion
- 3 tablespoons olive oil
- 2 tablespoons fresh lime juice
- Salt and black pepper to taste

Directions

1. Put all the ingredients in the bowl and mix gently.
2. Add salt and pepper to taste.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	430
Total Fat:	32.5g
Saturated Fat:	6.3 g
Cholesterol:	54 mg
Sodium:	55 mg
Total Carbohydrates:	15.3g
Dietary Fiber:	8.1 g
Total Sugars:	2.9g
Added Sugars:	0 g
Protein	23.3 g

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cup
- 2 forks, for shredding chicken
- Measuring spoons
- Large bowl
- Spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$10.23

Average cost/serving: \$2.56

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Lime Juice (4.5 fl. oz.)



Add 1 to Cart
Fresh Tomatoes (3 pk.)



Add 1 to Cart
Fresh Green Onions (bunch)



Add 1 to Cart
Frozen Corn (10 oz.)



Add 2 to Cart
Fresh Avocado



Add 1 to Cart
Fresh or Frozen Chicken
(about 1 LB.)

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Serve right away, or cover and refrigerate up to 2 hours.

Cooking Tips

- Extra corn goes nicely any salsa or even a chili such as these snapedny.org recipes:
 - Cowboy Caviar Bean Salad
 - Vegetarian Chili
- Green onions are a nice topping for many dishes that adds a great presentation to the plate and delicious flavor!
- Lime juice is a great flavor booster that can be added to salsas or even desserts!