



## CHICKEN AVOCADO SALAD

Avocados are one of my favorite marrying foods, they go so well with poultry and fish. They are an excellent source of monounsaturated fats, and also provide potassium and folate. Avocados also have small amounts of iron, magnesium and vitamins A, C, E, and B6. They are considered to be in the fruit family, however because they contain 30 grams of fat for one 8-ounce California avocado we consider them a good fat choice on the Zone.

When I boil chicken I usually boil a few breasts at a time and then freeze what I don't use so I easily have a favorable protein source cooked and ready for easy defrosting. If you wish to have a mild chicken broth for use later, you can get that all done at the same time! When boiling the chicken breasts, just add 1 carrot, 1 celery, and 1 parsnip, 1/2 onion, and Herbamare\* to the water with the chicken breast and bring to a boil. Cover and simmer for 20 minutes. Let cool for 10 minutes. Discard the vegetable and put the broth in a separate container for later use. Take the amount of chicken breast you will need and freeze the rest for later use.

3 oz Cooked Chicken  
1 stalk celery  
3 Tbsp avocado  
1/2 shredded carrot  
1 Slice Rye Bread  
Sliced tomato  
Shredded lettuce  
Herbamare\*  
Fresh Dill (optional)  
Hot sauce (optional)  
1/2 cup grapes

### Directions:

In a bowl, shred the chicken into small pieces using your fingers to break apart the meat. Add 1 stalk of minced celery, carrot and Herbamare\* to taste. On a cutting board, using a fork, mash 3 tablespoons of avocados and add to the chicken salad. Mix well. This can be seasoned with hot sauce and fresh dill. Serve on 1 slice of toasted rye bread, with slices of a tomato and some lettuce.

\*Herbamare is a herbal seasoning salt that has been seeped for 1 year; it is available at health food stores. Tip: Avocados should be very dark when they are ripe and slightly soft to the touch. The best tasting avocados are Hess. They are from California and are pear shaped.

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