

# Recipe

## AVOCADO CHICKEN SALAD

### THE GOODS:

- 2 large skinless, boneless chicken breasts
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 1/3 cup avocado oil mayonnaise
- 3 tablespoons apple cider vinegar
- 1 ripe avocado

### THE METHOD:

Preheat oven to 400°F, add both chicken breasts to a lined baking sheet. Season with salt and pepper, then bake for 30 minutes.

Remove chicken breasts from oven and dice into bite-sized pieces on a cutting board. Add to a medium bowl, drizzle with apple cider vinegar, and refrigerate until cold, 1 - 2 hours.

Once the chicken is cold, dice an avocado and mix into the diced chicken with mayonnaise. Taste for additional seasoning adjustments.

*Boulder Nutrition*