

Low-Point Avocado Chicken Salad

Ingredients:

- 1 1/2 Tbs olive oil
- 1 Tbs lime juice
- salt and pepper to taste
- 2 cups shredded or cubed skinless, boneless chicken breast
- 1/4 cup fresh cilantro, chopped
- 3/4 cup salsa (I used Tostitos Mild Chunky)
- 1 ripe avocado, peeled and chopped
- 2 Tbs fresh basil, chopped
- lettuce and/or 12 fun scoops Tostitos Scoops tortilla chips

Combine first three ingredients in a medium bowl, stirring with a whisk. Add chicken and cilantro and combine well. Stir in salsa and avocado. Garnish with two tablespoons of chopped basil. Serve on lettuce or tortilla chips. Enjoy!

Total servings - 4

Serving size - 1

Points per serving - 3 (for 1 cup chicken mixture on a bed of lettuce); 6 (for 1 cup chicken mixture with 12 fun scoop tortilla chips), 4.5 (for 1 cup chicken mixture with 6 fun scoop tortilla chips)

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Almost any difficulty will move in the face of honesty. When I am honest, I never feel stupid. And when I am honest, I am automatically humble." - Hugh Prather