



United States Department of Agriculture  
What's Cooking? USDA Mixing Bowl

Find more recipes at [www.usda.gov/whatscooking](http://www.usda.gov/whatscooking)

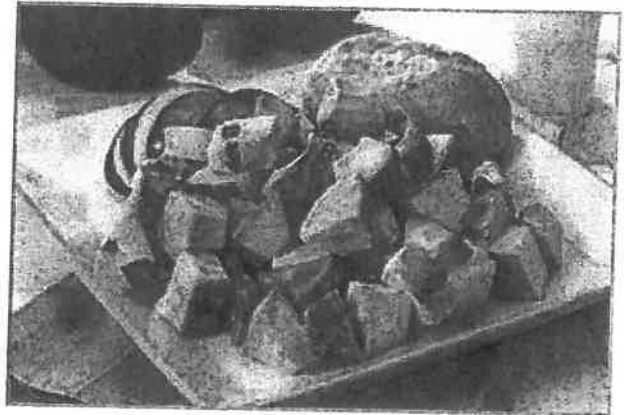
USDA is an equal opportunity provider, employer, and lender.

## Avocado, Potato, and Grilled Chicken Salad

**Prep time:** 45 minutes

**Makes:** 4 Servings

Fresh avocado with red potatoes, chicken, and a lemon-yogurt dressing are a winning combination for this main-dish salad.



### Ingredients

- 3 medium red potatoes
- 1 fresh ripe, avocado
- 1 teaspoon lemon juice
- 4 green onions (chopped)
- ½ medium red bell pepper (chopped)
- 8 ounces frozen pre-cooked grilled chicken strips (about 8 strips) (thawed, cut into bite-size pieces)
- 1 tablespoon olive oil
- 1 tablespoon cider vinegar
- ½ cup lemon non-fat yogurt
- 1 teaspoon ground black pepper

### Directions

1. In a medium sauce pan, boil potatoes about 20 minutes, until just tender; run under cold water to cool, and cut into chunks.
2. Peel avocado and cut into chunks; coat with lemon juice.
3. Whisk olive oil, vinegar, yogurt, and pepper in a small bowl.
4. Place all ingredients in large bowl. Gently toss.

### Notes

**Serving Suggestions** Serve with an 8 oz glass of non-fat milk, 1 slice of whole-grain bread, and apple slices.

### My Notes

# Nutrition Information

## Nutrients Amount

Calories  
300

Total Fat  
11 g

Saturated Fat  
2 g

Cholesterol  
40 mg

Sodium  
280 mg

Total Carbohydrate  
34 g

Dietary Fiber  
6 g

Total Sugars  
6 g

Added Sugars included  
3 g

Protein  
19 g

Vitamin D  
0 mcg

Calcium  
60 mg

Iron  
2 mg

Potassium  
1228 mg

N/A - data is not available

## MyPlate Food Groups

 Vegetables 1 cup

 Protein Foods 2 ounces

For more information on  
MyPlate Food Groups visit  
ChooseMyPlate.gov

