

## Bacon Avocado Chicken Salad

By: [myfitnesspal.com/recipe-bacon-avocado-chicken-salad](http://myfitnesspal.com/recipe-bacon-avocado-chicken-salad)

### Ingredients:

1 lb. grilled chicken breast, cooked and chopped (poached chicken may be substituted)  
4 slices bacon, cut and chopped (turkey bacon may be substituted) optional  
1/2 avocado, diced  
1 cup grapes, halved  
1/4 cup dried cranberries  
1/2 red onion, diced  
1/2 cup celery, diced  
1/4 cup Chobani Whole Milk Plain Greek Yogurt  
1 tbsp honey  
1/2 lemon, juiced  
1/2 tsp lemon zest  
1 tsp pepper, or to taste

### Instructions:

1. In a large bowl, combine chicken, bacon, avocado, grapes, cranberries, celery and red onion
2. In a small bowl, whisk together yogurt, honey, lemon juice, lemon zest and pepper until mixed
3. Pour dressing over chicken salad mixture and toss to coat
4. Serve with crackers, sprouted grain bread, with Bibb lettuce or Romaine lettuce

Serves: 4 / 1/4 cup each

### Per serving:

Calories: 250; Total Fat: 8g; Sat. Fat: 2g; Monounsaturated Fat: 4g; Cholesterol: 100 mg; Sodium: 209 mg; Carbohydrate: 13g; Dietary Fiber: 2g; Sugar: 10g; Protein: 28g

### Nutrition Bonus:

Potassium: 174mg; Iron: 5%; Vitamin: 1%; Vitamin C: 15%; Calcium: 2%

### Note:

To reduce the amount of sugar, eliminate the dried cranberries or grapes

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