

Avocado Chicken Slaw

Serves 4

1 Haas avocado, cut in half and pitted
1/4 cup reduced-fat mayonnaise
1/4 cup nonfat plain Greek yogurt
1/4 cup onion, chopped
1 clove garlic, minced
1/2 teaspoon Worcestershire sauce
1/8 teaspoon salt
Dash cayenne pepper
2 cups cooked skinless chicken breast, cubed
2 cups coleslaw mix or shredded cabbage
1 cup cooked brown rice
1 medium tomato, chopped
1/4 cup fresh flat-leaf parsley, chopped
1/2 teaspoon freshly ground black pepper
Lemon wedges, for garnish

1. Prepare the dressing: scoop half of the avocado into a food processor and pulse (or mash together with a fork) with the mayonnaise, yogurt, onion, garlic, Worcestershire sauce, salt, and cayenne pepper until smooth. Transfer to a large bowl.
2. Add the chicken, cabbage mix, brown rice, tomato, parsley, and pepper to the bowl with the dressing and stir until well mixed. Slice the remaining avocado half, then gently stir into the salad.
3. Cover and chill the salad for 10 minutes to blend flavors. Squeeze a lemon wedge over the top just before serving.

Recipe courtesy of Curtis Aikens

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