



Avocado and Greek Yogurt Chicken Salad

This quick and easy chicken salad is full of healthy fat and extra protein and so delicious!

Ingredients:

- **1 ripe avocado, remove the skin**
- **1/2 cup plain Greek Yogurt (I use the 2% for extra creaminess)**
- **1/2 tsp granulated garlic**
- **1/2 tsp onion powder**
- **1/4 tsp salt**
- **1/4 tsp ground pepper**
- **2 cups of finely chopped or shredded cooked chicken (you can use a rotisserie chicken)**
- **1/2 red onion, chopped**
- **1/2 cup grapes, chopped**
- **1 small lime**

Instructions:

- 1. In a medium bowl mash together avocado and greek yogurt until smooth**
- 2. Stir in garlic, onion powder, salt , and pepper**
- 3. Add chicken and red onion to avocado mixture and stir until all ingredients are combined.**
- 4. Squeeze in half of the juice from the lime. Give it a taste and add more to your liking**
- 5. Serve in a wrap, pita, or on top of a bed of lettuce!**