



# Avocado Chicken Salad Cucumber Cups

## INGREDIENTS (Yield: 28 servings, 1 cup/serving)

- 1 ripe avocado, seeded and peeled
- Juice of 1 lime
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup finely chopped cooked chicken
- 1 apple, cored and finely chopped
- ¼ cup finely chopped red onion
- ¼ cup finely chopped red pepper
- 2 tablespoons chopped fresh cilantro
- 3 – 4 large cucumber

NUTRITION INFORMATION: 30 Calories; 1 grams Fat; 0 grams Saturated Fat; 4 mg Cholesterol; 25 mg Sodium; 3 grams Carbohydrates; 1.5 grams Sugar; 1-gram Fiber; 2 grams Protein

## DIRECTIONS

1. In a small bowl, mash the avocado with the lime juice and mix with salt and pepper. Mix in the chopped chicken, apple, red onion, red pepper and cilantro.
2. Slice cucumbers into 1 – 1 ½ inch thick rounds (approximately 28 slices). Scoop out the seeds in the middle and fill with 1 – 1 ½ tablespoons of the avocado chicken salad mixture.

**Chef's note:** if you need to store in the fridge, keep the avocado seed in the container with the salad mixture. The avocado seed helps to slow browning and oxidation of the avocado. This works for any avocado-based foods, like guacamole.