

Avocado Caprese Chicken Salad

Quick summer meal or use for lunch prep.

Ingredients

- 1 head romaine lettuce washed and torn
- 1 cup cherry tomatoes
- .5 avocado diced
- 6 oz fresh mozzarella pearls or cut into cubes
- 1 lb chicken breast boneless, skinless
- 3 tbsp pesto Costco's Kirklands brand is my favorite
- 4 tbsp light balsamic vinaigrette



Instructions

- First choose how to prepare the chicken. If using a Pressure Cooker, add one can of chicken broth, chicken and pesto to the pot. Put on high pressure for 4 minutes and let release naturally for 10 minutes. Can also use a slow cooker, grill, oven or air fryer. Coat chicken with pesto and use the cooking method you've chosen.
- Once chicken is cooked, let cool until able to handle and shred.
- Assemble the salad by dividing lettuce, mozzarella, avocado, tomatoes onto plates. Add a scoop of chicken and drizzle with vinaigrette or serve on the side.

Nutrition Information:

Calories: 258kcal | Carbohydrates: 8g | Protein: 25g | Fat: 14g

<https://www.bariatricfoodcoach.com/avocado-caprese-chicken-salad/>