



Creamy Avocado Chicken Salad

By Chef Veera Gaul, Ph.D.



Ingredients

2 avocados – 1 sliced, the other mashed
1 tablespoon [Basil EVOO](#) *
1 teaspoon garlic powder
¼ teaspoon red chili flakes (optional)
2 teaspoons lime juice (divided)
2 cups rotisserie chicken or grilled chicken, chopped *
¼ cup diced celery
2 tablespoons minced parsley
1 ear of corn roasted and cut off the cob
½ red onion sliced thin
Arugula, watercress, lettuce
spicy microgreens (optional)
2 beef steak tomatoes, sliced and sprinkled with a little salt and pepper
8 slices whole wheat bread, toasted
Salt and pepper to taste

Preparation

Mash one avocado, and mix in with the oil and 1 teaspoon of Lime juice. Add garlic powder, salt and pepper to taste and chili flakes if using. Combine well.

In a large bowl, toss together the chopped chicken, sliced avocado, diced celery, roasted corn kernels, parsley, and remaining lime juice. Gently stir in the mashed avocado mixture. Taste and adjust seasonings to your liking.

On 4 slices of toasted bread, layer some arugula or lettuce, then sliced tomato, and add a dollop of chicken salad. Top with sliced onions, microgreens and top with the other slice of toasted bread.

Total time: 15 minutes

Serves 4

Notes

*Make this vegan, by substituting the chicken with diced seitan, or slightly smashed chickpeas

* As always, I love the flavor of Oil & Vinegar's [Basil EVOO](#) as it adds great herby flavor. You can use a high quality EVOO and one tablespoon minced basil leaves instead

Categories: Soups & Salads, Breakfast & Brunch, Poultry, Vegan Option, Dairy Free, Gluten Free Option, Avocado, Rotisserie Chicken, Corn, Basil EVOO, Microgreens, Beef Steak Tomatoes, Chicken Salad, Sandwich, Seitan, Chickpeas