

# CHICKEN AVOCADO SALAD IS 'POULTRY' IN MOTION

WE FOLLOW LAST WEEK'S LEAFY GREEN SALAD RECIPE WITH A LITTLE MORE PROTEIN, WRITES AMY STOPNICKI



AMY STOPNICKI  
Column

Even though our spring has been a little on the chilly side, I have my mind on the grill.

In our house, we love using the barbecue all year long.

However, there is an added excitement when the weather accommodates.

What's better than sitting outside with a cold drink while the grill is working hard?

This is one of my favourite grilled chicken salads. I love the bright colours and flavours, and it can be served as a whole meal, or along with some sides.

Bonus tip: for a twist, substitute the chicken with grilled salmon. Enjoy!

## Grilled Chicken Salad

### SALAD INGREDIENTS

- 1.18 mL (5 cups) mixed arugula and romaine lettuce
- 2-3 endives, thinly sliced
- 1 avocado, thinly sliced
- 236 mL (1 cup) grape tomatoes, sliced in half
- 3-4 grilled chicken breasts, thinly sliced
- 236 mL (1 cup) sweet potato chips, broken up into small pieces

### DRESSING INGREDIENTS

- 78 mL (1/3 cup) olive oil
- Juice of 1 lemon
- 25 mL (1/8 cup) white vinegar
- 30 ML (2 tbsp) honey
- 7 mL (1/2 tbsp) yellow mustard



Amy Stopnicki photo

Contrary to popular belief, you do win friends with salad, especially when grilled chicken and avocado is involved.

### INSTRUCTIONS

1. Layer all salad ingredients, leaving the chicken and sweet potato chips for the top.

2. Combine all dressing ingredients.
3. Drizzle dressing over salad.

York Region resident Amy Stopnicki is an award-

winning cookbook author, event planner, food blogger and mother of four. You can find her on Instagram at @amyskoshertaste or email her at amy.stopnicki@gmail.com.

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