

Dinner Keto

CHICKEN-STUFFED AVOCADO and SPINACH, TOMATO & MOZZARELLA SIDE SALAD

\$4.34/SERVING EST



Ingredients and groceries scaled from original 2 servings

1 1/8 lb. rotisserie chicken

3 cooking sprays

3 avocados

3 tablespoons walnuts crushed

6 tablespoons red onion minced

12 cups mixed greens

LEMON VINAIGRETTE

1/3 cup olive oil

3 teaspoons lemon juiced

3 dashes salt

1 1/2 cloves garlic minced

3 pinches black pepper

Prep: 15 mins

Cook: 10 mins

1. Cut avocado in half and carefully remove pit.
2. Grease a skillet with cooking spray and cook avocados cut side down on skillet over medium-high heat for 1 minute or until nicely browned.
3. Place chicken in a bowl and use two forks to pull the meat apart into shreds. Set aside.
4. Place walnuts and onion in a large bowl.
5. Whisk together all vinaigrette ingredients in a small bowl. Pour half over walnut mixture. Toss lightly to coat, then gently stir in chicken.
6. Scoop mixture into avocado halves.
7. Mix remaining vinaigrette into mixed greens. Serve avocados with mixed greens on the side.

SPINACH, TOMATO & MOZZARELLA SIDE SALAD

\$2.28/SERVING EST

Ingredients and groceries scaled from original 1 serving

10 cups raw spinach

2 ½ cups cherry tomatoes

5 oz. mozzarella balls

5 teaspoons white wine vinegar

1/3 cup olive oil

5 dashes freshly ground black pepper

Prep: 5 mins

1. Wash tomatoes and slice in half if you wish.
2. To make dressing, whisk vinegar, oil, and pepper in a small bowl.
3. Mix salad ingredients in a large bowl, add dressing, and serve.