

Quick Lunch: Chicken Salad with Avocado and Tomato



Need a quick recipe to prepare your lunch? This recipe is top for those who don't have time to prepare the meal.

So let's go to the recipe:

Ingredients

- 2 cooked and shredded chicken breasts;
- 1 ripe avocado, diced;
- 1 cup cherry tomatoes, halved;
- 1/2 red onion, sliced into thin strips;
- 2 tablespoons of lemon juice;
- 2 tablespoons of extra virgin olive oil;
- Lettuce leaves or arugula (optional);
- Salt and pepper to taste;
- Toasted sesame seeds for garnish (optional).

Preparing the dish



Cook the chicken breasts in boiling water with a little salt until they are fully cooked. Then shred the chicken breasts into small pieces.

Assembling the Salad:

In a large bowl, combine the shredded chicken, avocado cubes, halved cherry tomatoes and red onion strips.

Preparing the Sauce:

In a small bowl, combine the lemon juice, olive oil, salt and pepper. Stir well to combine all flavors.

Ending:

Pour the sauce over the chicken, avocado, and tomato mixture in the bowl.

Gently toss all ingredients together until well coated in the sauce.

Assembly and Decoration:

If desired, arrange some lettuce or arugula leaves on individual plates.

Place the avocado and tomato chicken salad over the leaves.

Decorating and Serving:

If desired, sprinkle toasted sesame seeds on top for added crunch and flavor.

This salad is quick to assemble and is a healthy and tasty option for a light, balanced meal. Perfect for lunch or dinner on warmer days!

Video Recipe

If you prefer to learn how to make the quick recipe by watching a video, watch the video below:

[CLICK HERE TO READ THIS FULL ARTICLE](#)

[**https://tastyculinaryjourney.info**](https://tastyculinaryjourney.info)