

Trim Healthy  
W I S D O M

## Cilantro-Lime Chicken Salad with Avocado (S)

You'll get your fresh and zingy feeling on with this salad. It combines the perfect foursome of cilantro, lime, chicken and avocado. You can cook the chicken breast from scratch as directed or use pre-cooked chicken and simply heat it in a pan using the suggested seasonings.

Single Serve Full-Meal Salad

### INGREDIENTS:

- 1 4-6 oz fresh or thawed chicken breast (snipped into small pieces with scissors)
- Seasonings For Chicken: Dark chili powder, [TH Mineral Salt](#), black pepper, onion and/or garlic powder, [TH Nutritional Yeast](#), and cayenne pepper (optional)
- Very large bed of leafy greens
- Large handful of cilantro (finely chopped)
- 1 lime (use the juice from ½ - 1 lime)
- [TH Mineral Salt](#) (to taste)
- ½ avocado (diced)
- fresh sliced or diced jalapenos (optional)
- 1 Tbs dehydrated pumpkin seeds (optional; we love the Go Raw brand)



### INSTRUCTIONS:

1. Spray a medium, healthy-style, non-stick pan with coconut or olive oil and set it at medium-high. Add chicken pieces to the pan. While the undersides of the chicken pieces are browning, season the top sides by sprinkling on the seasonings to taste. Once the bottom sides are nicely browned, flip the chicken pieces and season the other side. Cook another two minutes or so, then flip pieces again,

turn down the heat to medium/low, and continue until pieces are fully cooked through. Remove from heat.

2. Place the greens and cilantro in your favorite large salad bowl. Spray with a small amount of avocado or olive oil and massage the light amount of oil into the greens with your fingers. Now add the lime juice and a sprinkle of Mineral Salt and toss well.
3. Top with avocado, jalapenos, and pumpkin seeds, if using. Top with the hot chicken pieces.

### Protein Nerd Notes:

All your Protein Nerd Level 3 requirements are fully provided by the 4 – 6 ounces of chicken, although feel free to pair with *Side Protein & Fiber Chocolate Milk* to fill up further.