

Blackened Chicken and Avocado Salad (Gf, Keto, Paleo, Whole 30)

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Servings: 4

Ingredients

Blackened Chicken:

- 2 boneless skinless chicken breasts
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp chili powder
- 1/2 tsp cumin optional
- 1 tbsp olive oil
- pinch salt and pepper

Avocado Salad:

- 2 cups romaine lettuce can also use baby spinach
- 1 large tomato
- 1 small red onion
- 1/2 cup cucumber
- 2 avocados
- 1 tbsp olive oil
- 1 tbsp cilantro fresh or dried
- 1/2 tsp salt
- 1/2 tsp pepper

Steps

1. Defrost chicken prior to starting. Wash and pat dry. In a small bowl, mix together the paprika, garlic powder, chili powder, cumin, salt, pepper and olive oil. Coat the chicken and cook on medium heat in a frying pan until no longer pink in center (approximately 15 minutes, depending on thickness).
2. Wash, dry, and chop lettuce. Peel, pit, and chop the avocados as well as the tomato, onion, cucumber into desired size. Usually about 1/2 inch pieces. Add all the ingredients to a large salad bowl, drizzling the olive oil and sprinkling the salt, pepper, and cilantro. Toss with tongs.
3. Remove the chicken and cut diagonally into strips, place on top of salad and serve immediately.

Notes

- One serving = 6 net carbs

