Avocado Chicken Waldorf Salad

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Ingredients

- 1 medium avocado, ripe – peeled and pit removed
- 3 tablespoons fresh basil or 2 teaspoons dried basil, roughly chopped
- 1–2 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- 1/4 teaspoon sea salt
- 1/4 teaspoon pepper
- 1 3/4 cups cubed cooked chicken (3/4 lb.) – leftover chicken or turkey works great!
- 1/3 cup diced celery
- ¼ cup diced red onion
- ½ cup grapes, halved or ¼ cup dried cranberries or cherries
- ½ apple, diced (½ cup)
- ¼ cup walnuts, chopped or nuts of choice
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Directions

1. In a blender or food processor, blend the avocado, lemon juice, olive oil, basil, salt and pepper until smooth and creamy, scraping sides as needed. Set aside.
2. In a medium bowl, combine chicken, celery, red onion, grapes, apples and nuts.
3. Stir in avocado dressing with other ingredients. Add additional salt and pepper to taste.
4. Serve on top of a bed of greens, in a lettuce wrap or on top of cucumber slices.

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