

Chicken Antipasto in Avocado Halves

Yields 4 servings

Ingredients

Dressing

- 2/3 cup salad oil
- 1/2 cup white wine vinegar
- 1/4 tsp salt
- 1/8 tsp garlic powder
- 3 Tbsp fresh lemon juice
- 1/2 tsp basil
- Dash of pepper

Salad

- 2 chicken breasts
- 1/4 cup sliced black olives
- 1 green onion, sliced
- 1 (6 oz.) jar artichoke hearts, drained
- 1/2 cup sliced mushrooms
- 1 large tomato, diced
- 2 Tbsp minced parsley
- 2 ripe avocados, halved

Instructions

1. Poach chicken breasts until fork-tender.
2. Meanwhile, whisk together oil, vinegar, salt, garlic powder, lemon juice, basil, and pepper in a small bowl to make the dressing.
3. Combine olives, green onions, artichoke hearts, mushrooms, tomato, and parsley in a bowl.
4. When chicken is done, shred the meat to yield one cup measure.
5. Add chicken to salad ingredients; pour dressing over salad.
6. Allow to marinate for 30 minutes.
7. Spoon salad into avocado halves; serve immediately.

CHICKEN ANTIPASTO IN AVOCADO HALVES

2 chicken breasts	1/4 c sliced black olives
2/3 cup salad oil	1 green onion, sliced
1/2 c white wine vinegar	1 (6 oz.) jar artichoke hearts, drained
1/4 t salt	1/2 c sliced mushrooms
1/8 t garlic powder	1 large tomato, diced
3 T fresh lemon juice	2 T minced parsley
1/2 t basil	2 ripe avocados, halved.
dash of pepper	

Poach chicken breasts until fork-tender. Meanwhile, whisk together oil, vinegar, salt, garlic powder, lemon juice, basil, and pepper in small bowl. Combine olives, green onions, artichoke hearts, mushrooms, tomato and parsley in bowl.

When chicken is done, shred the meat to yield one cup measure. Add chicken to salad ingredients; pour dressing over salad. Allow to marinate for 30 minutes. Spoon salad into avocado halves; serve immediately. Yields 4 servings.

