



INGREDIENTS

- 2 Pounds Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
- 3 Cups Avocado (mashed from 6 ripe, peeled and pitted)
- 2 Tablespoons + 2 Teaspoons Fresh Lime Juice (to taste)
- 1 Cup Red Bell Pepper (seeds and ribs removed, diced)
- 6 Tablespoons Onion (finely chopped)
- 6 Tablespoons Cilantro (finely chopped)
- 2 Tablespoons Jalapeño Pepper (seeds and ribs removed, finely chopped)
- 4 Teaspoons Garlic (minced)
- Salt and Pepper (to taste)

DIRECTIONS

1. In a large bowl mash the avocado with the lime juice.
2. Add the rest of the ingredients: chicken, bell pepper, onion, cilantro, jalapeño and garlic.
3. Season to taste with salt and pepper.
4. Cover and store in the fridge until you're ready to eat.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

8 Cups

PORTION SIZES

Toddler: ¼ Cup
Preschool: ½ Cup
School Age: 1 Cup
Adult: 1 Cup