

Chicken Salad Cones

LUNCH/DINNER Makes 1 Serving

A delicious salad of savory chicken bites with mixed greens, avocado and tomatoes in crispy tortilla cones.

Ingredients

- 3 cups mixed greens
- 5-6 cherry tomatoes, quartered
- 2 oz avocado (1/4 avocado) diced
- 4 oz diced, cooked chicken breast
- 2 tbsp low calorie dressing
- 1 10-inch flour tortilla

Directions

1. Cut the tortilla in half, then roll each half into the shape of a cone. The rounded edge points out.
2. Secure the seam with a toothpick. Crumple a small ball of foil and place it inside the cone to help it hold shape.
3. Air fry at 350°F for 4-6 minutes, until crisp, flipping halfway through. Remove from the air fryer and remove the foil.
4. In a medium bowl, mix the greens, veggies, chicken and dressing.
5. Stuff the salad into the cones and enjoy.

Notes

For a high-protein, low-calorie dressing, try the TEC Green Goddess or Jalapeno Lime dressing!

Quick chicken bites - dice 1 pound of skinless boneless chicken into bite size pieces. Season with your favourite seasoning, air fry @ 350°F 10-12 minutes.



Macros

Per serving

Calories : 483
Protein : 46.7 g
Carbs : 43.1 g
Fat : 14.5 g

*Nutrition information is an estimate and will vary based on how accurately you measure ingredients and the brands of ingredients used.