



## Shredded Chicken, Avocado & Beet Salad

2 servings  
 45 minutes

### Ingredients

2 Beet (large, peeled, chopped)  
 1/4 cup Extra Virgin Olive Oil (divided)  
 Sea Salt & Black Pepper (to taste)  
 227 grams Chicken Thighs (boneless, skinless)  
 2 tbsps Lemon Juice  
 1 tsp Raw Honey  
 1/2 head Green Lettuce (leaves separated)  
 1/2 Avocado (large, sliced)  
 2 tbsps Sunflower Seeds

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 552   |
| Fat                | 43g   |
| Carbs              | 18g   |
| Fiber              | 7g    |
| Sugar              | 9g    |
| Protein            | 26g   |
| Cholesterol        | 107mg |
| Sodium             | 178mg |
| Vitamin A          | 574IU |
| Vitamin C          | 16mg  |
| Calcium            | 36mg  |
| Iron               | 2mg   |
| Selenium           | 33µg  |

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Toss the beets in 1/4 of the oil and season with salt and pepper. Bake for 35 minutes, or until the beets are fork-tender.
- 2 Meanwhile, bring a pot of water to a boil. Reduce to a gentle simmer, add the chicken, and let it simmer until the chicken is cooked through, about 15 to 20 minutes. Remove the chicken and shred into pieces using two forks.
- 3 In a small bowl, whisk together the remaining oil, lemon juice, and honey. Season with salt and pepper to taste. Set aside.
- 4 Arrange the lettuce, avocado, beets, and chicken on a plate. Top with the sunflower seeds and dressing. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals approximately four ounces of chicken, two cups of lettuce, one cup of beets, and 1/4 avocado.

**Additional Toppings:** Add pumpkin seeds and/or fresh herbs like chives, basil, and cilantro.