



# Memorial Day BBQ Recipes: Vegan Avocado Chick'n salad

*Yeilds 4 Servings*

## Ingredients

- 15 oz. can garbanzo beans, rinsed and drained
- 2 avocados
- 2 limes
- ¼ cup chopped cilantro
- ¼ cup chopped sweet onion
- ¼ cup chopped tomato
- ¼ cup sliced almonds
- 1-teaspoon sea salt
- Radishes for dipping

## Instructions

1. Rinse and drain the garbanzo beans in a mesh strainer, dab to dry with a paper towel.
2. In a medium-mixing bowl combine the avocados and garbanzo beans. Mash with a fork or handheld potato-masher.
3. Add the remaining ingredients to the mixture. Serve cold as a dip with sliced radishes and other veggies. You can even serve this dish over Quinoa or on a slice of your favorite wholegrain or gluten-free bread.



Healthy Cooking for a Balanced Life

Visit us online at [www.raowellness.com](http://www.raowellness.com)

Call us at 301.703.5067