

Chicken and Avocado Salad

by Margaret Fulton

2 Avocados, halved, stoned and peeled
2-3 teaspoons Lemon Juice
250g (8oz) cooked Chicken, cut into pieces
1 x 230g can Water Chestnuts, drained and sliced
6 tablespoons natural Yogurt
½ teaspoon Worcestershire sauce
Salt and Pepper
6 tablespoons Mayonnaise*

Slice one of the avocados. Reserve 3 slices and brush with some of the lemon juice.

Place the remaining sliced avocado in a bowl, pour over the remaining lemon juice and toss well; this will prevent the avocado discolouring. Add the chicken and water chestnuts and mix together.

Place the remaining avocado halves in an electric blender or food processor with the yogurt, Worcestershire sauce, and salt and pepper to taste. Blend until smooth, then add to the mayonnaise and mix thoroughly.

Pour the dressing over the chicken mixture and toss well to combine.

Spoon onto a shallow serving dish and garnish with the reserved avocado slices.