

Chicken & Lime Avocado Cups

Makes 8 servings | A Diabetic-Friendly Recipe

Ingredients:

- 2 ripe avocados
- 1 tablespoon lime juice
- Pinch of salt
- 1 cup cooked shredded chicken
- 8 mini phyllo cups or tortilla scoop chips
- Chopped fresh cilantro



Directions

1. Mash the avocados in a small bowl until smooth.
2. Stir in lime juice and a pinch of salt.
3. Spoon the avocado mixture evenly into mini phyllo cups or tortilla scoops.
4. Top each with a spoonful of shredded chicken.
5. Garnish with chopped cilantro.

Cooking Tidbit

Avocados are sometimes called “alligator pears” because of their bumpy green skin. They are packed with healthy fats that help keep your heart strong and your brain sharp.