

# 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.