



Avocado & Grape Chicken Salad

Makes 4 servings

Ingredients:

- 1 Avocado from Peru, peeled and pitted
- ¼ cup to ½ cup Italian Dressing
- 2 cups chicken strips, cooked and diced
- 1 cup red seedless grapes, halved
- 1 celery stalk, diced
- ⅓ cup red onion, chopped
- ¼ tsp salt
- ⅛ tsp black pepper
- 2 cups spinach
- ½ cup walnuts, chopped

Instructions:

In a large bowl, mash avocado. Mix in dressing, chicken, grapes, celery, onion, and salt and pepper to the avocado mixture. Place spinach on a plate. Scoop avocado chicken mixture on top of spinach. Sprinkle walnuts on top.

For more recipe ideas, go to [Costco.com](https://www.costco.com) and search: **Quick & Easy**





Avocado, Tomato & Cucumber Salad

Makes 4 to 6 servings

Ingredients:

2 Avocados from Peru, peeled, pitted and diced
1 tomato, chopped
1 cucumber, chopped
½ medium red onion, sliced
½ cup Italian Dressing
Salt and pepper to taste

Instructions:

In a large salad bowl, place avocados, tomato, cucumber and onion. Drizzle with dressing. Toss gently with salt and black pepper. Serve.

Tip: Add fresh cilantro or dill for extra flavor.

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