

Buffalo Chicken Salad

2 lbs Buffalo chicken breast, sliced into thin cutlets
1 box of grape tomatoes, halved
1 cup red onion, chopped
1 English cucumber, sliced in rounds
2 cups Arugula
2 avocados, pitted and sliced
Cilantro Lime dressing – Stonewall Kitchen

Pan sear the chicken breast cutlets on medium high heat 5-6 minutes per side until thoroughly cooked at 165 F internal temperature. Serve over Arugula salad with avocado, onion, cucumber and tomatoes. Salad dressing is optional.



— AVON —
PRIME MEATS