

## Grilled Chicken Bruschetta on Zucchini

“Toast”

- 2 large zucchini
- 2 chicken fillets (each 6 oz) , pounded
- 1 medium avocado, peeled, pitted, and cubed
- 2 medium tomatoes
- 2 garlic cloves, minced
- 4 tablespoons fresh lemon juice,
- ½ small red onion, finely chopped
- 3 tablespoons chopped parsley
- ½ tablespoon chopped thyme
- ¼ teaspoon chili flakes
- 1 tablespoon olive oil



1. To make the marinade, in a small glass combine the thyme, 1/8 teaspoon of chili flakes, 1 tablespoon of lemon juice and pinch of salt. Place the chicken in a sealable plastic bag and pour the marinade into the bag. Seal the bag tightly and marinate the chicken in a refrigerator for at least 30 minutes, turning occasionally.

2. In a small bowl combine the tomatoes, onion, garlic, parsley and 1 tablespoon of lemon juice. Season to taste and set aside. Heat a barbecue until hot. Cut the zucchini into 1/2 " thick lengthwise slices. Brush the slices with 1 teaspoon of olive oil and grill for 2 minutes on each side. Remove the chicken from the marinade, brush with 1 teaspoon of olive oil and grill for 3 minutes on each side. Let the chicken rest for 5 minutes and make the avocado sauce.

3. Place the avocado, remaining chili flakes, 1 tablespoon of olive oil and remaining lemon juice in a bowl and coarsely mash with a fork. Season to taste.

4. Chop the chicken into bite size pieces. To assemble bruschetta, top zucchini slices with avocado sauce, chopped grilled chicken and tomato salsa and serve.

Makes 4 servings.

Serving Size = 3 ounces of chicken, 2 cups vegetables (approximately 1 zucchini & 1 tomato), and 2 teaspoons avocado sauce

Enjoy with 1 serving of on plan fruit to complete the meal.

