

Grilled Chicken with Avocado Salsa

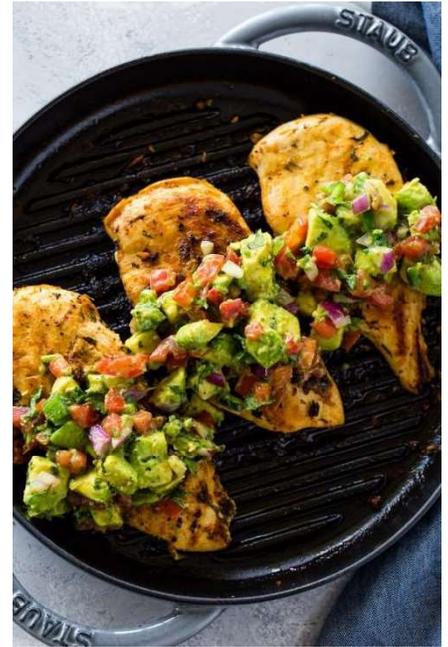
- 1 1/2 pounds boneless skinless chicken breasts or 4 chicken breasts

For the Marinade:

- 2 garlic cloves finely minced
- 3 tablespoons olive oil
- ¼ cup cilantro chopped
- Juice of 1 lime
- 1/2 teaspoon cumin
- ½ teaspoon paprika
- ½ teaspoon Himalayan sea salt or to taste
- ¼ teaspoon black pepper

Avocado Salsa:

- 1 avocado diced
- 2 small (or 1 large) tomato, chopped
- ¼ cup red onion chopped
- 1 jalapeno de-seeded and chopped (optional)
- 1/4 cup cilantro finely chopped
- Juice of 1 lime
- Fresh cracked pepper & salt to taste



1. In a large bowl, whisk all the ingredients for the marinade and set aside.

2. Pound the breasts to even thickness or slice in half horizontally to get evenly sized breasts and add to the bowl of marinade. Mix through until the chicken is fully coated in the marinade. Use right away if needed or marinate for 30-minutes or up to 12 hours.

3. Grill chicken over medium-high heat or in a large heavy-duty skillet on the stovetop for 5-6 minutes per side or until the inside is cooked through and the outside is charred. Top with fresh avocado salsa and serve immediately.

4. (Optional) Goes well on a tossed salad.

Makes 8 servings.

Serving Size = 3 ounces of chicken with 1/8 avocado salsa

Enjoy with 1 serving of on plan fruit + 2 servings of vegetables to complete the meal.

