

Grilled Fajita Chicken & Avocado Salad

- 2 medium boneless skinless chicken breast cut into half horizontally
- 2 cups sliced bell peppers colors of choice
- 1 head romaine lettuce, chopped
- 1/8 avocado sliced

Dressing/Marinade:

- 3-4 tablespoons olive oil
- 4 tablespoons lime juice
- 1/4 cup cilantro chopped
- 2 cloves garlic minced
- 1 teaspoon red pepper flakes
- 1 teaspoon ground cumin
- 1 teaspoon Himalayan sea salt



1. Whisk all the ingredients for the dressing/marinade in a medium bowl. Pour half the mixture onto the chicken breasts and coat chicken breasts with the marinade well. Cover and place in the fridge for 30-minutes or up to 24 hours or use immediately.
2. Reserve the rest of the marinade for later to be used as a dressing.
3. Heat a large heavy-duty pan or skillet to medium-high heat for 2 minutes. Add a teaspoon of oil to the pan and then add in the chicken breasts. Cook 4-5 minutes per side or until cooked through. Remove from pan onto a cutting board and cool for 5 minutes then slice or chop into bite size pieces. Add the sliced bell peppers to the pan. cook on high for 1-2 minutes or until charred.
4. Divide romaine lettuce into two salad bowl. Top each salad with half the chicken, fajita veggies, and sliced avocado. Serve with reserved dressing. Enjoy the salad warm!

Serving Size = 2 cups of raw veggies with 3 ounces of chicken and 2 teaspoons of dressing.