

BLACKENED CHICKEN WITH AVOCADO SALSA

SERVES 2

2- 6 oz. boneless, skinless chicken breasts

1 Tbsp. Avocado oil

½ tsp. smoked paprika

¼ tsp. onion powder

½ tsp. garlic powder

¼ tsp. ground cumin

¼ tsp. chili powder

¼ tsp. oregano

LIME JUICE DRESSING

3 Tbsp. lime juice

2 Tbsp. avocado oil

Pinch of salt and pepper

AVOCADO SALSA

½ English cucumber peeled, seeded and diced

1 cup ripe cherry or grape tomatoes, halved

¼ red onion chopped small or thinly sliced

1 Tbsp. chopped cilantro or Italian parsley

1 avocado, peeled, pitted and diced

DIRECTIONS

Trim chicken if needed and pound with a mallet to make chicken breast even. Combine all chicken seasonings and 1 tablespoon of olive oil into a mixing bowl (or Ziploc bag). Add the chicken breast and toss to coat.

In the meantime, heat a nonstick griddle pan over medium heat brushed with 1 tablespoon of olive oil.

Once the grill pan is heated, add chicken breast and cook on each side approximately 3-4 minutes. Cooking time will depend on the thickness of chicken breast.

Lime Juice Dressing:

While chicken is cooking, combine all ingredients for the lime dressing into a small mixing bowl. Whisk well to combine.

Combine all the salsa ingredients together in a medium bowl and pour the lime dressing over and toss to coat.

Spoon salsa over the chicken and serve