

Cilantro-Lime Chicken with Avocado Tomato Salsa

A marinade of a fragrant and tangy cilantro-lime elements is all you need to deliver big flavor these to chicken breasts.

Ingredients

Salsa:

- 1 cup chopped plum tomato (about 2)
- 1 avocado, peeled and finely chopped
- 2 tablespoons finely chopped onion
- 2 teaspoons fresh lime juice
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper



Combine above ingredients in a medium bowl and stir.

Chicken:

- 2 tablespoons minced fresh cilantro
- 2 1/2 tablespoons fresh lime juice
- 1 1/2 tablespoons olive oil
- 6 skinless, boneless chicken breast halves, sliced in half lengthwise and width-wise if too thick.
- 1/4 teaspoon salt
- Cooking spray

Preparation

Heat grill to 500 degrees. Spray grill basket with cooking spray. To prepare chicken, combine all ingredients in a large bowl, and pour over chicken making sure to coat each side:



Ready to go in the grill basket.

Reduce grill to medium heat. Grill 4 minutes on one side with cover closed, flip and grill 3.5 minutes with cover closed. They will come out looking and tasting perfect.



Serve salsa over chicken.

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Pictured with saffron rice (brown rice is more 'on plan')

Nutritional Information

Amount per serving

Calories: 289, Fat: 13.2g, Saturated fat: 2.4g, Monounsaturated fat: 7.5g, Polyunsaturated fat: 1.9g, Protein: 35.6g, Carbohydrate: 6.6g, Fiber: 3.6g, Cholesterol: 94mg, Iron: 1.6mg, Sodium: 383mg, Calcium: 29mg

Adapted from MyRecipes.com