



Healthy Eating & Weight Loss

Lime Grilled Chicken with Avocado Salsa

- 4 boneless, skinless chicken breasts
- 1/4 cup lime juice (for marinade)
- 1/8 cup lime juice (for salsa)
- 1/4 cup fresh coriander, minced
- 1/4 cup olive oil
- 2 cloves garlic
- 2 tomatoes chopped
- 1/2 Vidalia Onion Chopped
- 2 jalapeno peppers seeded and chopped
- 1 tbsp red wine vinegar
- 1 avocado
- Lime Wedges

Cut chicken breasts in half and pound to even thickness. In a glass bowl, combine 1/4 cup lime juice, 3 tbsp of the coriander, 2 tbsp of the olive oil, garlic and some salt and pepper. Add chicken and cover and refrigerate for 30 minutes.

Combine tomatoes, onion, jalapenos, vinegar, remaining lime juice, remaining coriander, remaining olive oil and salt and pepper. Peel and cut avocado into large diced pieces and gently toss with salsa. Set aside

Place chicken on non-stick or greased grill over medium high heat. Close lid or cover and grill until no longer pink inside, approx 4 minutes each side. Serve topped with salsa and lime wedges.

380 calories, 33 g protein

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