

RECIPE | TOMATOES

CALIFORNIA CHICKEN



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Recipe created by *Amber Bogardus*



INGREDIENTS

For the herbed tomatoes:

14 oz Pure Flavor® Organic Luna® Sweets Cocktail Tomatoes, wedged
¼ cup fresh cilantro, chopped
¼ cup fresh parsley, chopped
2 tbsp olive oil, divided
2 tsp balsamic vinegar
1 tsp celery salt
Salt & pepper, to taste

For the chicken:

1 lb organic boneless, skinless chicken breasts, sliced lengthwise
1 lemon, just the juice
2 tbsp olive oil, divided
1 tbsp garlic, minced
2 tsp dried parsley
2 tsp dried oregano
Salt & pepper, to taste

For the avocado sauce:

1 avocado
½ cup fresh cilantro
½ cup Greek yogurt
1 lime, just the juice
3 – 4 tbsp water
Salt & pepper, to taste

Additional ingredients:

½ cup asiago cheese, shredded

DIRECTIONS

- 1 Combine the lemon juice, olive oil, garlic, and dried spices in a sealable bag or container. Add the chicken breasts and allow to marinate in the fridge for 1 to 4 hours.
- 2 Combine tomatoes, cilantro, parsley, olive oil, balsamic vinegar, celery salt, salt, and pepper in a medium bowl. Cover the bowl and place them in the fridge to marinate for 20 to 30 minutes.
- 3 Prepare the sauce by combining the avocado, cilantro, yogurt, lime juice, salt, and pepper in a blender. Blend until smooth. Add water 2 tablespoons at a time until the sauce has a consistency that will allow you to drizzle it. Pour it into a squeeze bottle and store in the fridge until ready to serve.
- 4 Preheat the grill to medium-high and grill the chicken breasts for 3 to 6 minutes per side, until it reaches an internal temperature of 165° F.
- 5 Place the chicken on a serving platter, drizzle the avocado sauce over it and top with the marinated tomatoes and cheese. Serve immediately.



30 min

15 min
PREP.

15 min
COOKING



4



easy