



RECIPE | TOMATOES

CALIFORNIA CHICKEN

30 min

15 min
PREP
15 min
COOKING

4

easy



INGREDIENTS

Recipe created by Amber Bogardus

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

- 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.
- 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.
- 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.
- 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.
- Place the chicken on a serving platter, drizzle the avocado sauce over it and top with the marinated tomatoes and cheese. Serve immediately.

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