



RECIPE | CUCUMBERS

CUCUMBER AVOCADO CHICKEN



25 min

10 min
PREP.

15 min
COOKING



2



easy

INGREDIENTS

Recipe created by Elizabeth Jordan-Flight

For the salad:

- 1 lb bag Pure Flavor® Mini Cucumbers, halved and sliced
- ½ dry pint Pure Flavor® Juno® Bites Red Grape Tomatoes, halved
- 1 large avocado, cut into ½" pieces
- ½ cup cilantro, chopped
- 1 garlic clove, crushed
- 1 lime, juice
- Salt and pepper, to taste

For the chicken:

- 2 large chicken breasts
- 1 lime, zest
- 1-2 tbsp olive oil
- ½ tsp salt
- ½ tsp chipotle powder
- ½ tsp onion powder
- ½ tsp garlic powder
- ¼ tsp paprika



DIRECTIONS

- 1 In a medium bowl, combine cucumbers, tomatoes, avocado, garlic, chopped cilantro and lime juice. Carefully toss to combine. Add salt and pepper to taste. Set aside.
- 2 In a small bowl, combine lime zest, salt, chipotle powder, onion powder, garlic powder and paprika. Sprinkle the mixture on both sides of the chicken breasts, covering as evenly as possible.
- 3 Add 1-2 tbsp of olive oil to a skillet over medium-high heat until hot and shimmering. Gently place the chicken in the pan. Cook for 5-7 minutes, undisturbed, then flip and cook for an additional 5-7 minutes. Remove from the skillet and allow to rest for at least 5 minutes. Serve the chicken topped with the cucumber and avocado salad.