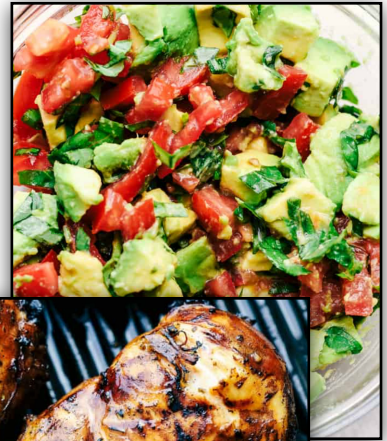


Healthy Cooking with Nicole

Grilled California Avocado Chicken

- 3/4 cup balsamic vinegar
- 1/4 cup honey
- 1 Tablespoon of minced garlic
- 2 Tablespoons olive oil
- 2 teaspoons Italian seasoning
- 4 boneless skinless chicken breasts
- 2 avocados diced
- 3 large tomatoes diced
- 1/4 cup fresh chopped basil
- balsamic vinegar for drizzling optional



1. In a medium sized bowl whisk the balsamic vinegar, honey, garlic, olive oil, and Italian seasoning.
2. Add the chicken breasts and coat. Marinate for 30 minutes.
3. Meanwhile, in a small bowl add the avocado, tomato, and basil to taste. Set aside.
4. Heat a large skillet to medium high heat. Add the chicken and cook on each side about 6 minutes or until cooked throughout and no longer pink.
5. Top with avocado, tomato basil mixture.
6. Drizzle with balsamic vinegar and serve immediately.

Recipe adapted from the recipecritic.com.