

Chicken with Lime Dressing

Lime Dressing

½ cup lime juice
¼ cup chopped cilantro
1 tbs chopped scallions
1 tbs extra virgin olive oil
1 tsp sugar substitute
½ tsp salt

Nutrition:

Calories: 429

Fat: 27g Sat. Fat: 4g

Protein: 33g Fiber: 10g Carbs: 19g

Makes 4 servings

Chicken

4 boneless skinless breasts, ½” thick
2 med avocados, peeled & pitted
1 tbs fresh lemon juice
2 tsp picante sauce
1 tsp + 1 tbs extra virgin olive oil
1 med red bell pepper, chopped fine
1 clove garlic, minced
¼ cup sliced almonds, toasted
2 tbs whole wheat flour

Instructions:

To make dressing: In a large bowl, combine the lime juice, cilantro, scallions, oil, sugar substitute, and salt.

To make chicken: In a large glass dish, combine the chicken with 3 tbs of the lime dressing. Cover and refrigerate for 10 minutes.

In a med bowl, mash the avocados with 2 tbs of the lime dressing. Stir in the lemon juice and picante sauce. Reserve the remaining lime dressing.

Heat 1 tbs of the oil in a large nonstick skillet. Add the red pepper and cook, stirring occasionally, for 6 minutes, or until pepper is tender and lightly browned. Stir in the garlic and cook for 30 seconds. Remove to large bowl and add the sliced toasted almonds.

Remove the chicken from the dressing and pat dry with paper towels. Sprinkle flour over both sides of the chicken. Heat the remaining 1 tbs oil in large skillet over med-high heat. Add the chicken and cook for 6 minutes on each side, or 170°F and juice runs clear. Place chicken on bed of pepper mixture and drizzle with reserved lime dressing. Serve with the avocado & picante dressing .

Source: The South Beach Diet Cookbook