



Honey Lime Chicken with Avocado



Ingredients, Chicken:

- 4 Boneless, skinless chicken breasts
- ¼ Cup honey
- ¼ Cup lime juice, freshly squeezed
- 2 TBLs olive oil
- 2 Cloves garlic, minced
- 1 tsp Chili powder
- ½ tsp cumin
- Salt and pepper, to taste

Ingredients, Avocado Rice

- 1 Cup white or brown rice
- 2 Cups water or chicken broth
- 1 TBLs olive oil
- 1 ripe avocado, diced
- ¼ Cup fresh cilantro, chopped
- ½ tsp lime zest
- Salt and pepper, to taste

Ingredients, Assembly

- ½ Cup sour cream (optional)
- Lime wedges (optional)

Method:

1. In a small bowl, whisk together honey, lime juice, olive oil, garlic, chili powder, cumin, salt, and pepper. Place the chicken breasts in a resealable bag and pour the marinade over them. Seal and refrigerate for at least 30 minutes or up to 4 hours for more flavor.
2. Preheat a grill, grill pan, or skillet over medium-high heat. Remove the chicken from the marinade and grill/cook for 6-7 minutes per side, until the chicken reaches an internal temperature of 165°F. Once cooked, let the chicken rest 5 minutes before slicing into strips.
3. Cook the rice according to package instructions, using water or chicken broth for added flavor. Once cooked, fluff the rice with a fork and stir in olive oil, diced avocado, fresh cilantro, lime zest, and season with salt and pepper to taste.
4. In serving dishes, layer a portion of the avocado rice at the bottom. Top with sliced honey lime chicken. Drizzle with sour cream if desired, and garnish with extra lime wedges.