



Nutrition TEAM

with Kim Ross

Strawberry Avocado Spring Time Chicken

Spring is here (at least in the South) which means strawberry farms are open for picking! I picked up some fresh strawberries today and put together this quick, easy and tasty dish in honor of sunshine and strawberries!

Serves 5-6

Prep time: 15 minutes prep

Cook time: 25 minutes

Total time: 40 minutes

Ingredients:

3 boneless chicken breasts, halved and thinned

1 ½ cup fresh strawberries, diced

1/3 cup fresh basil leaves, chopped

1 small red onion, diced

1 avocado, diced

2 tablespoon balsamic vinegar

1 tablespoon olive oil

Salt and pepper



Directions:

1. Depending on the size of the chicken breasts, cut chicken in half thinning out the chicken.
2. Season chicken lightly on both sides with salt and pepper.
3. In a pan, cook chicken on medium heat until no longer pink, about 9-11 minutes on each side depending on the size of your chicken. Set aside to rest 3-5 minutes.
4. In a bowl combine diced strawberries, red onion, fresh basil, balsamic vinegar, olive oil and salt, mix well. Add avocado and combine.
5. Serve chicken with strawberry avocado mixture on top!

Nutritional Value per 3oz serving

208 Calories 8.5g Fat 7g Total carbs 2.6g Fiber 4.4g Net carbs 26.9g Protein

About the Author: *Nicole Brooker earned her Master's degree in Applied Clinical Nutrition from New York Chiropractic College in August 2018. Nicole is passionate about nutrition education, GI health and disease prevention. She is currently an adjunct professor at Columbia International University where she developed and wrote the curriculum for a Health and Nutrition Minor. She is currently earning clinical hours toward the Certified Nutrition Specialist (CNS) credential under Kim Ross's supervision.*