



Strawberry Chicken with Avocado (Low Carb, Keto, Low Sodium)

Ingredients:

Grilled chicken breast (seasoned with lime, cilantro, honey, garlic), served with white rice and topped with strawberry salsa (strawberry, avocado, red onion, lime juice, jalapeño).

All you do:

1. Twenty-four hours before cooking, thaw the chicken and rice pan(s) in the refrigerator. For a quicker thaw, slightly open the lid of the pan(s) off to one side when thawing in the refrigerator.
2. On cooking day, pull the strawberry salsa from the freezer to thaw in refrigerator.

Cooking Instructions for Oven:

1. Preheat the oven to 350°F.
2. Measure out 2 tablespoons of water and evenly pour the water over the thawed rice in the foil pan. Keep the pan uncovered.
3. On center rack of the oven, place the foil pan, uncovered, and bake for 15-20 minutes. The chicken should reach an internal cooking temperature of 165°F (on cooking thermometer) to ensure that it is cooked through.
4. When the chicken is cooked through, transfer the thawed contents of the strawberry salsa in a bowl and lightly toss.
5. Serve the chicken breast over rice and top it with the strawberry salsa.

Chef's Tip(s): Add a squeeze of fresh lime juice to enhance the flavors.

Dietitian Tips & Notes:

Serve with: Serve with steamed asparagus or oven roasted zucchini.

Leftovers: Toss with romaine lettuce to make a delicious and fresh salad

Fun Fact: An avocado has more potassium than a banana (and is a great source of Vitamin K and folate which may help lower your blood pressure and let's not forget about all of those good fats too!).

Avocado Chicken Nutrition Facts per serving: 676 calories, 44 g total fat (27 g monounsaturated fat, 4 polyunsaturated fat, 5 g saturated fat, 0 g transfat), 90 g cholesterol, 80 mg sodium, 11 g carbohydrates (4 g fiber, 5 g sugar), 57 g protein

White Rice Nutrition Facts per serving: 202 calories, 0 g total fat (0 g saturated fat, 0 g transfat), 0 mg cholesterol, 0 mg sodium, 45 g carbohydrates (1 g fiber, 0 g sugar), 4 g protein