

## Grilled Chicken Avocado Salad

A big green salad filled with veggies can be satisfying, for sure. But sometimes, leafy greens aren't going to cut it. There are a lot of veggie options in the summer — sweet corn and juicy tomatoes come to mind — that aren't lettuce. This salad is all of those things and more.

Make no mistake — this is a meal, not a side dish, or something you start your meal with. Full of grilled chicken in addition to an array of veggies, it's filling, and delicious. It's a great dinner to have on the back patio when the sun is shining, and you just want to enjoy mother nature without heating up your house.

It starts with chicken seasoned with Ava Jane's Kitchen Ava's Favorite Burger seasoning blend, brushed with Ava Jane's Kitchen Avocado Oil and grilled to perfection. While that's going, a couple ears of corn are brushed and grilled as well. These perfectly charred components are tossed with juicy tomatoes, creamy avocado, red and green onions, and then tossed with a lime and honey infused dressing. It's perfection, I tell you.

What makes this so delicious is the in-season ingredients, so don't make it with winter grocery store tomatoes and expect anything more than bland and boring. Go to your local farmer's market. Grab up all the sweet corn and tomatoes and avocados and green onions. You will not be sorry you went out of your way. While the chicken is flavored perfectly with the Ava's Favorite Burger seasoning, it can only carry this dish so far.

## Grilled Chicken Avocado Salad

Serves 2-4

Prep time: 40 minutes

### Ingredients:

#### Salad:

- 1 pound chicken breast
- 2 tablespoons Ava Jane's Kitchen Avocado Oil
- 2 teaspoons Ava Jane's Kitchen Ava's Favorite Burger seasoning blend
- 2 ears corn on the cob, husk removed
- 1 pint cherry tomatoes, halved
- 1 small red onion, diced
- 1 avocado, pitted and diced
- 5 green onions, sliced

#### Dressing:

- 3 tablespoons Ava Jane's Kitchen Avocado Oil
- Juice and zest of 2 limes
- 2 cloves garlic, minced
- 1 teaspoon honey

Directions:

Brush the chicken with half the oil and season with Ava's Favorite Burger seasoning. Brush the corn with the remaining oil. Preheat gas or charcoal grill to medium high heat and grill both the chicken and corn until done. Chicken should be cooked until internal temperature reaches 165 degrees F, and corn should be lightly charred. When done, allow to cool.

Chop the chicken and shuck the corn. Add to a bowl with the remaining ingredients. Put the dressing ingredients in jar and shake until well combined. Toss with the salad and serve immediately.