

Pan Seared Mediterranean Chicken with Roasted Corn & Avocado Salsa

Roasted Corn & Avocado Salsa

2 Ears of Fresh Corn, Shucked
Canola Oil for Roasting
Salt & Pepper
2 Jalapenos Pepper (1 for roasting)

Preheat oven to 375 degrees. Drizzle a small casserole dish with oil. Place corn and jalapenos in dish and sprinkle with salt, pepper & additional oil. Roast vegetables until lightly brown, about 25-30 minutes. Cool. Cut corn off cobs and roughly chop pepper.

1 Large Tomato, Chopped
2 Avocados, Chopped
1 Jalapeno Pepper, Chopped (Remove seeds if desired.)
2 T. Onion, Chopped
2 T. Cilantro, Chopped
1 Clove Garlic, Minced
1 Lime, Juiced
Salt & Pepper, To Taste
1-2 T. Granulated Sugar (Optional)

In a large bowl combine roasted corn, roasted jalapeno, tomato, avocado, fresh jalapenos, onion, cilantro, garlic & lime. Gently mix ingredients. Add salt, pepper & sugar to taste.

Pan Seared Mediterranean Chicken

1 Lb. Boneless Chicken Breast
2 -3 T. Gluten Free Mediterranean Spice Blend**
Salt & Pepper
2 T. Canola Oil

In a medium skillet of medium high heat add oil. Sprinkle chicken with spice blend and salt & pepper. Place chicken in skillet and cook 3 to 4 minutes on each side. Continue cooking until chicken is no longer pink. Remove from skillet.

Place chicken on plate and top with salsa and cilantro to garnish.

Serving suggestions: Place chicken over rice or over a bed of salad greens. Salsa can be served as a dip for chips as well.

**Substitution for Mediterranean Spice Blend: Combine garlic salt, onion powder & dried parsley