

Grilled Cajun Chicken with Avocado Corn Salsa

Ingredients

Chicken

4 (6 oz) boneless skinless chicken breasts

3/4 tsp paprika

1/2 tsp garlic powder

1/4 – 1/2 tsp cayenne pepper, to taste

1/4 tsp onion powder

1/4 tsp dried thyme

1/4 tsp dried oregano

Salt and freshly ground black pepper

1 Tbsp olive oil

Avocado Corn Salsa

1 ear corn, grilled or 3/4 cup frozen corn, thawed

1 roma tomato, diced

1/3 cup diced red or green bell pepper

1/2 avocado, diced

3 Tbsp chopped red onion

2 Tbsp chopped cilantro

1 Tbsp fresh lime juice

1 Tbsp olive oil

Instructions

Preheat a grill over medium-high heat (to about 425 degrees). Pound thicker parts of chicken with the flat side of a meat mallet to even out their thickness.

In a small bowl whisk together paprika, garlic powder, cayenne pepper, onion powder, thyme and oregano. Season with salt and pepper to taste (I used heaping 1/2 tsp salt and 1/2 tsp pepper). Brush both sides of chicken breasts lightly with olive oil then sprinkle both sides evenly with seasoning mixture. Grill until center registers 165, about 4 minutes per side.

Meanwhile in a medium mixing bowl toss together corn, tomato, bell pepper, avocado, red onion, cilantro, lime juice and olive oil. Season with salt and pepper to taste.

Let chicken rest off of grill 5 minutes tented with foil then serve warm with Avocado Corn Salsa.

source:allsimplyrecipes.com