



Ingredients:

4 oz arugula

2 oz red onion, chopped

1 haas avocado, peeled and pitted

8 grape tomatoes, halved

1 lemon, juiced

2 chicken breast, pounded thin

salt and pepper

2 oz olive oil

Drizzle of balsamic reduction.

Directions:

Season both sides of chicken breast with salt and pepper. Heat a pan with oil, ponce oil is hot add in chicken breast and cook on each side until fully cooked and lightly browned.

In a bowl, combine arugula, onion, tomato, juice of lemon, remaining olive oil, salt and pepper and toss together.

Spread avocado on finished chicken breast, top with arugula mixture and drizzle balsamic.

