

Ginger Chicken with Avocado [from *Eat Cheap but Eat Well* by Charles Mattocks]

<http://pajamachef.wordpress.com/2011/03/21/ginger-chicken-with-avocado/>

Ingredients:

- 4 boneless skinless chicken breast halves [~1 pound]
- 1 tablespoon ground ginger
- 1 teaspoon ground cumin
- 1 medium avocado, peeled and diced
- 1/4 cup nonfat plain yogurt or sour cream
- 1 tablespoon fresh cilantro, chopped
- 2 teaspoons lime juice
- 1 clove garlic, minced

Directions:

Mix together ginger and cumin and rub over chicken. Cook in a hot skillet with oil or on the grill [we used our George Foreman] until the juices run clear and internal temperature reaches 160 degrees.

While chicken is cooking, prepare the avocado sauce. In the bowl of a food processor, combine avocado, sour cream/yogurt, cilantro, lime juice, and garlic. Puree until smooth. Spoon sauce on top of chicken and enjoy.

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