

# Chicken and Avocado Tacos

Simple, quick spring time meal. It's always good to have a quick taco recipe on hand. Enjoy!

xoxo,

Kristin

## To Make Chicken

- Chop 2-3 medium chicken breasts into small bite-size pieces. In a medium bowl whisk together olive oil, garlic, chili, cumin, onion powder, and salt. Add in chicken and toss to coat completely. Cover and refrigerate for at least 10 minutes or up to 48 hours.
- **To cook:** Heat a large heavy-duty or cast iron skillet on high heat for 1 minute. Add the olive oil and chicken. Cook chicken in a skillet over medium-high heat until charred and cooked through, 8-12 minutes. Turn off heat and finish with a squeeze of lime (optional).

## To Make the Cilantro Lime Sauce

1. Add the sour cream, cilantro, garlic, lime juice and salt & pepper to blender or food processor. Blend for 30 seconds to 1 minutes or until creamy.

## To Assemble:

1. Char tortillas on stove-top if desired. Add some of the chicken to the warmed tortillas. Top with avocado and cilantro sauce. Or serve over spring greens.

Recipe from:

<https://gimmedelicious.com/2018/04/18/chicken-and-avocado-taco/> Serves 4.