

Grilled Chicken with Avocado Pesto



Recipe courtesy of Food Network Kitchen

Sorry chicken, avocado is the star in this low-carb and protein-packed dish. It helps make a creamy dairy-free pesto that's filled with heart-healthy fats.

Total: 30 min
Active: 30 min
Yield: 6 servings
Level: Easy

Ingredients:

- 4 tablespoons extra-virgin olive oil, plus more for brushing the grill grates
- Zest of 1 lemon plus 2 tablespoons juice
- 2 1/4 pounds boneless, skinless chicken breasts, cut into 1-inch pieces
- Kosher salt and freshly ground black pepper
- 1/4 cup pine nuts
- 1 cup loosely packed fresh basil leaves
- 1 cup loosely packed fresh parsley leaves
- 1 clove garlic, crushed and peeled
- 1 large ripe avocado

Directions:

- 1** Special equipment: Six 12-inch metal skewers or twelve 6-inch bamboo skewers
- 2** Prepare an outdoor grill or a grill pan for medium heat.
- 3** Whisk together 1 tablespoon of the oil and the lemon zest in a large bowl. Add the chicken to the oil and toss to coat. Sprinkle with salt and pepper. Divide the chicken and thread onto metal or bamboo skewers.
- 4** Toast the pine nuts in a small skillet over medium heat, tossing frequently, until light golden, 3 to 4 minutes. Let cool.
- 5** Combine the pine nuts, basil, parsley, garlic, 1/2 teaspoon salt and several grinds of pepper in a food processor. Process to make a coarse paste. Add the avocado, lemon juice and remaining 3 tablespoons oil and process until mostly smooth.
- 6** Grill the chicken, turning often, until just cooked through, 5 to 7 minutes. Serve the chicken dolloped with the pesto and any extra pesto on the side.



Nutritional Analysis	Per Serving
Calories	370
Total Fat	21 grams
Saturated Fat	3 grams
Cholesterol	125 milligrams
Sodium	180 milligrams
Carbohydrates	4 grams
Dietary Fiber	2 grams
Protein	40 grams
Sugar	1 grams