



### Grilled Chicken Bruschetta on Zucchini "Toast"

Serves 2

1. To make the marinade, in a small glass combine the thyme, 1/8 tsp of chili flakes, 1 tbsp of lemon juice and pinch of salt. Place the chicken in a sealable plastic bag and pour the marinade into the bag. Seal the bag tightly and marinate the chicken in a refrigerator for at least 30 minutes, turning occasionally.
2. In a small bowl combine the tomatoes, onion, garlic, parsley and 1 tbsp of lemon juice. Season to taste and set aside. Heat a barbecue until hot. Cut the zucchini into 1/2 " thick lengthwise slices. Brush the slices with 1 tbsp of olive oil and grill for 2 minutes on each side. Remove the chicken from the marinade, brush with 1 tbsp of olive oil and grill for 3 minutes on each side. Let the chicken rest for 5 minutes and make the avocado sauce.
3. Place the avocado, remaining chili flakes, 1 tbsp of olive oil and remaining lemon juice in a bowl and coarsely mash with a fork. Season to taste.
4. Chop the chicken into bite size pieces. To assemble bruschetta, top zucchini slices with avocado sauce, chopped grilled chicken and tomato salsa and serve.

## AVACADO SAUCE

1. 1/2 avocado, pit removed
2. 2 tbsp olive oil
3. 1 tbsp lime juice
4. 1 clove garlic, minced
5. 1 tsp fresh cilantro, chopped
6. 1 tbsp water
7. Pinch of salt

### Directions

1. To make the dressing, blend the ingredients with an immersion blender or in a regular blender and process until smooth. Add more water if necessary to reach desired consistency, and taste for seasoning. Set aside.