

Lime Walnut Chicken

TASTE CHANGES

5 Min. Prep | 20 Min. Cook
Makes 4 Servings

Ingredients

- 1 Tbsp coconut oil, divided
- 2 tsp taco seasoning, divided
- 1 pinch salt
- 1/2 cup walnuts, chopped
- 6 red bell peppers, diced
- 1 pound chicken breast
- 2 Tbsp lime juice
- 1 avocado, diced

Directions

1. In a large skillet melt 1/3 of the coconut oil over medium heat. Add 1/4 of the taco seasoning and a pinch of salt, and stir in walnuts. Cook for 5 minutes or until toasted, stirring frequently. Remove from skillet.
2. In the same skillet, add red bell peppers and sauté until tender. Remove from skillet.
3. In the same skillet, melt remaining coconut oil over medium heat. Add remaining taco seasoning and a pinch of salt. Add chicken and turn to coat both sides with oil. Cook for 5 minutes on each side until cooked through.
4. Add lime juice and cooked bell peppers to skillet and cook for a few more minutes. Remove from heat and top with avocado and walnuts before serving.



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Directions cont.

6. Arrange the salmon on the plate next to the asparagus. Pour the sauce over the salmon.

Notes

Enjoy as a delicious dinner entrée.

Additional benefits:

- Excellent source of lean protein to support energy levels.

Nutrition Info

346 calories, 30g protein, 20g total fat, 5g saturated fat, 183mg sodium, 16g carbs, 7g fiber, 0g added sugars

