

Mexican Grilled Chicken with Tomato Avocado Salsa

Almost everyone loves Mexican food regardless of where they are from. Here is a Mexican recipe for grilled chicken that you can create in your own kitchen. This recipe is very easy to make and you can be sure that your friends and family will enjoy it. Mexican Grilled Chicken with Tomato Avocado Salsa

Ingredients to serve 4 people: 4 boneless chicken breasts (leave the skin on)

2 large tomatoes

1 small red onion

1 peeled avocado

2 jalapeno peppers or 3 to 6 fresh serrano chili peppers (the more the spicier; start with 3)

3 cloves garlic, unpeeled

2 tbsp orange juice

1 tbsp lemon juice

Salt and pepper to taste

2 tbsp chopped cilantro

Olive oil for basting the chicken breasts Cut the tomatoes and red onion into thick slices.

Cut the peppers in half and discard the seeds. Put the garlic cloves and the tomato, onion, and pepper slices on the grill. Let these grill with the lid closed until the vegetables and peppers are charred and garlic skin comes off (about two minutes on each side). Remove the vegetable, pepper and garlic from the grill and chop them up and mix well. Stir in the lemon and orange juice and season with salt and/or pepper (to desired taste). Using half of this mixture spread it over the chicken breasts (be sure to rub it under the loose skin) and let it marinate for 1 hour at room temperature or up to four days refrigerated. When you are ready to grill the chicken baste it with the olive oil and place it on a grill that has been preheated on high. Cook the chicken breasts until the juices are clear - about five minutes on each side. While the chicken is grilling chop up the avocado and stir it into the remaining half of the vegetable, pepper and garlic mixture. Add the cilantro and stir everything well. When your grilled chicken is cooked to your satisfaction remove it from the grill and cut it into one-half inch slices. Now serve it to your friends or family with the grilled tomato avocado salsa. Remember that food safety is very important. You want your barbecue to be both fun and safe for everyone. Always be sure that you cook meat completely. Cut into the chicken breast at its thickest part, when they are completely cooked the juices will be clear and the meat will be white. Keep all utensils you use to handle the raw chicken separate from the ones you use to handle the cooked meat. Be sure to wash your hands after handling the raw chicken. Cross contamination of bacteria can be as risky to your health as eating raw meat.

About the Author

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