

Chicken with Basil Avocado Cream Sauce



This is one of the best and most versatile sauces. It could go on both chicken and steak. And it could also be used as a salad dressing (just add a bit of olive oil to the mix!) In this recipe the sauce is placed on a balsamic seasoned chicken. Simple, but just simple enough to show off the flavor of the fresh basil in the creamy sauce! The chicken and cream sauce was served with steamed green beans and a baked sweet potato loaded with raw butter. Feel free to mix up the side dishes!

Chicken Ingredients

- 4 chicken breasts, organic and free-range
- 2 Tablespoons Olive Oil
- 2 Tablespoons Balsamic Vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon onion powder
- 1 teaspoon italian seasoning

Directions

- Preheat the oven to 275 degrees
- In a 8×8 pan, place the chicken breasts close together in the pan
- Top with the olive oil and balsamic vinegar
- Put the spices in a small bowl and put 1/4 of the spices in each of the chicken breasts
- Bake for 1 hour and 25 minutes, until the chicken is cooked through

- To bake the chicken quicker, you have the option of heating the oven to 350 degrees and baking for 40 minutes



Basil Avocado Cream Sauce

- 1 Avocado
- 1/2 cup fresh basil
- 2 garlic cloves
- 1 Tablespoon lemon juice
- 1/2 cup coconut milk

Directions

- Put all of the ingredients in a blender and mix on high until completely blended together
- You may need to add more coc. milk to reach the right consistency for each blender to mix it
- This sauce will be pretty thick (because of the avocado)
- It lasts in the fridge covered tightly with parchment paper and a cover for about 5 days

Enjoy!