

Grilled Chicken Sandwich with Avocados and Tomatoes

Servings: 2

Slightly adapted from

<http://www.skinnytaste.com/2011/07/grilled-chicken-sandwich-with-avocado.html>

Ingredients

2 ciabatta rollas

4 tablespoon mashed avocado

1 boneless skinless chicken breast, cut in half horizontally

1 Roma tomato, diced

Salt and fresh pepper to taste

Preparation

- 1) Prepare grill or grill pan. Grill chicken halves until cooked. Cut into square pieces.
- 2) Mix together smashed avocado and diced tomatoes. Slice bread open and smear avocado mixture on bottom slice of bread. Season with salt and pepper.
- 3) Top with chicken and ciabatta top. Serve.

Roasted Sweet Potato Skewers

Servings: 2

From

<http://rx4foodies.wordpress.com/2011/04/13/roasted-sweet-potato-cube-skewers-with-a-cilantro-jalapeno-aioli-dip/>

Ingredients

2 medium-sized sweet potatoes, peeled

Extra virgin olive oil

Paprika

Salt and pepper

Skewers

Preparation

- 1) Preheat oven to 400 degrees F.
- 2) Dice the potatoes into 1 inch cubes. Place the cubes in a medium sized bowl, drizzle with olive oil, and season with paprika, salt and pepper. Toss with hands to coat evenly.
- 3) Arrange in a single layer on a baking sheet. Roast for about 30 minutes, or until tender, but slightly crispy in the outside. Stir the sweet potatoes once or twice during roasting. Remove from oven, and allow to cool just enough to be easily handled.
- 4) If desired, skewer the cubes, and enjoy with your favorite dip!