

Grilled Garlicky Chicken with Asparagus and Avocado Bruschetta

Bruschetta topping from my [Classic Bruschetta](#) recipe

Serves 6: 6 chicken breasts and 3 cups bruschetta topping

Time: 2 hours

Recipe from www.peachesandcake.com



Avocado Bruschetta Topping

- 3 extra-large beefsteak tomatoes, preferably organic (or substitute 6 medium on-the-vine tomatoes or 2 pints grape tomatoes)
- 1-2 avocados, peeled and diced
- ½ cup finely diced yellow onion (about 1 small or 1/3 large onion)
- 4 tsp. finely minced garlic (about 4-5 small cloves)
- 1-2 tablespoons chopped fresh basil (about 1 handful of leaves)
- 4 tsp. good-quality extra-virgin olive oil
- 3 tsp. good-quality balsamic vinegar or balsamic glaze
- Sea salt, to taste (start with ¼ tsp. then add more to taste)
- Fresh ground pepper, to taste

Grilled Garlicky Chicken and Asparagus

- 6 chicken breasts (or substitute chicken thighs)
- Water
- 2 Tbsp. salt
- Bay leaf
- 4-6 tsp. finely minced garlic, about 4-6 cloves (or substitute a few teaspoons garlic powder)
- 1-2 bunches asparagus, tough ends removed
- Sea salt
- Fresh ground pepper
- Olive oil or melted butter

To make the avocado bruschetta topping:

Core the tomatoes by inserting a knife about 1 inch into the tomato. Rotating the tomato as you cut, carve a full circle around the stem end, keeping the point of the knife angled towards the center. Remove the core. Then cut tomatoes into half width-wise. Squeeze out seeds and juice under cold running water in the sink, leaving the meaty part intact. Dice into evenly-sized small cubes with a very sharp or serrated tomato knife.

Combine diced tomatoes with diced yellow onion, diced avocado, chopped basil, olive oil, balsamic vinegar, salt and pepper. Gently combine with your hands. Season to taste. Cover and refrigerate until ready to serve (tastes even better if you let it marinate for an hour.)

To make the chicken and asparagus:

Place the chicken breasts in a large Ziploc bag, Tupperware container, or large bowl. Fill to the top with water. Add 2 Tbsp. salt and stir until dissolved. Add bay leaf. Cover and place in the refrigerator. Let brine for approximately 1 hour. Remove and pat dry.

Season chicken all over with olive oil or melted butter, salt, pepper, and minced garlic. Season asparagus with olive oil or melted butter, salt, and pepper.

Preheat a greased outdoor grill over medium heat.* Using a separate pair of tongs, place chicken and asparagus on grill (place asparagus spears perpendicular to the grates so they don't fall through). Grill chicken and asparagus for approximately 10 minutes or until cooked through, flipping once halfway through. Internal temperature of chicken should register 157⁰F and asparagus should be lightly charred. Remove chicken and asparagus from grill, transfer to a platter, and cover tightly with foil until ready to serve.

Serve chicken with asparagus spears and a dollop of avocado bruschetta on top. Drizzle with extra balsamic vinegar and season with extra salt and pepper if desired.

**Alternatively, you could use an indoor grill pan to make this recipe, or bake the chicken and asparagus in a 350⁰F oven until cooked through.*