



CHICKEN WITH SWEET POTATO AND AVOCADO

2 lb. 4 oz. boneless, skinless chicken breast	6 oz. julienne red onions
2 bunches of green onions	3 oz. apple cider vinegar
2 Tbsp. Worcestershire sauce	Sweet Potato with Avocado
1 bulb of garlic	1 lb. 8 oz. sweet potatoes
juice of 3 limes	1 small avocado
zest of 3 limes	1/4 tsp. ground nutmeg
2 Tbsp. Sesame seed oil	2 oz. Splenda
6 oz. dry white wine	

Chicken

Marinate chicken in Worcestershire sauce, smashed green onions, smashed garlic, and lime juice for approximately 15-30 minutes. Combine julienne onions with vinegar in separate bowl to marinate. Sauté each portion on a skillet with 1tsp. of sesame seed oil. Deglaze skillet with white wine and vinegar onions. Let reduce at high heat without over cooking and drizzle sauce with onions onto the chicken. Garnish with lime zest.

Sweet Potato with Avocado

Boil sweet potatoes. Drain and reserve half of the water. Mash the potatoes using the reserve of water until desired consistency. Add avocado and nutmeg and mash.

Yield: 6 servings

Nutrition Information: 330 Calories, 7 gm fat, 1 gm saturated fat, 0 gm trans fat, 65 mg cholesterol, 35 gm carbohydrate, 4 gm fiber, 25 gm protein, mg 150 sodium

Chef Miguel, IVY Tech Hospitality Administration, 50 W Fall Creek Pkwy. Indianapolis, 921-4516

**William K. Nasser, MD 19th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**