

Chicken Avacado melt (30 minutes)

2 boneless, skinless chicken breasts, about 10 ounces, cut into bite-sized pieces.

Shallot, chopped

Canola oil

Cumin

Garlic salt

2 servings corn, partially cooked

Some grape tomatoes, halved

1/2 avocado, chopped

Feta cheese or grated Monterey Jack cheese

Oven temperature: 350°

Sauté chopped shallot in the oil 2-3 minutes.

Add chopped chicken, sauté 5 minutes.

Add cumin and garlic salt.

Divide into two small casseroles

Divide and add to each: the partially cooked corn, the tomatoes, the avocado, and the cheese.

Cook at 350° 8-9 minutes.

Serve