Skillet Chicken with Seared Avocados

1 Tablespoon olive oil

3-4 chicken breasts

1/2 teaspoon kosher salt

1/2 teaspoon pepper

1 teaspoon paprika

2 small avocados

1/2 teaspoon sugar

1 medium red onion

4 green onions

1 poblano pepper

1 lime, juiced

1 Tablespoon soy sauce

1 Tablespoon sour cream

Heat oil in skillet. Sprinkle chicken with salt, pepper and paprika. Add chicken to pan and cook 4 minutes. Turn and cook 1 minute longer. Remove chicken from pan. Wipe skillet with paper towels.

Cut avocados in half. Sprinkle with sugar. Place, cut side down in pan. Cook 2 minutes.

Remove from pan.

Slice onion into 1/4 inch rounds. Spray pan with cooking spray and place onions in pan. Cook 3 minutes.

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Stir in lime juice and soy sauce.

Nestle chicken and avocados into onion mixture.

Place pan in oven and bake 7-10 minutes at 450.

Stir together sour cream and a Tablespoon of water until drizzling consistency. Drizzle over chicken.