



Chipotle Chicken Bowls

Serves 4



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Chicken and Bowl Ingredients

- 3 Tbsp. canola oil (divided use)
- 1 minced chipotle pepper (add 3 Tbsp. adobo sauce from a can of chipotles in adobo)
- 1 Tbsp. honey
- ½ tsp. ground black pepper
- 1 lb boneless, skinless, thinly sliced chicken breast
- 2 Tbsp. red wine vinegar
- 5-oz. package spinach, spring greens, or arugula
- 1 pint cherry tomatoes (halved if desired)
- 1 medium avocado (peeled and diced)
- 1 cup shredded carrots (about 2 large carrots)
- 1 cup sliced radishes
- 2 green onions (finely chopped)

Directions

1. Add 2 Tbsp. oil, the minced chipotle pepper, adobo sauce, honey, and pepper to a large resealable plastic bag. Add the chicken. Tightly seal the bag. Gently push the chicken around the marinade, tossing to coat well. Let stand for 10 minutes. Meanwhile, prepare the quinoa.
2. In a large nonstick skillet, heat the remaining 1 Tbsp. oil over medium-high heat, swirling to coat the bottom. Add the chicken and marinating liquid. Cook for 4 to 6 minutes, or until the chicken is no longer pink in the center and the marinade comes to a boil. Remove from the heat. When the chicken has cooled slightly, transfer it to a cutting board. Chop the chicken into bite-size pieces. Transfer any remaining liquid from the pan into a small bowl. Stir in the vinegar until well combined. Set aside.
3. Once the quinoa has finished cooking, add the spinach to bowls. Add the cooked quinoa and chicken. Top with the tomatoes, avocado, carrots, radishes, and green onions. Drizzle with the dressing.

Cilantro-Lime Quinoa Ingredients

- 1 ½ cups water
- ¾ cup quinoa
- 2 fresh medium limes (zested and juiced)
- 1 ½ cups chopped fresh cilantro

Directions

1. In a medium heavy pot, add the water and quinoa. Bring to a boil. Reduce the heat to low. Cook, covered, for 15 minutes, or until the quinoa absorbs all the liquid. Remove from heat.
2. Stir in the lime zest and juice. Top with cilantro.