

Southwestern Chicken Bowl



Prep Time: 10 minutes

Course: Entree, Dinner

Cuisine: American, Southwestern

Servings: 4 people

Calories: 295kcal

Ingredients

- 2 cups cooked brown rice
- 4 cups spinach rinsed and ready to serve
- 2 each chicken breasts grilled
- 2 tsp pesto prepared
- 1 cups sundried tomatoes or cherry tomatoes
- 1 cup green peppers sliced
- 1/2 cup green onions sliced
- 1 each avocado pitted, peeled, and cut in wedges
- 2 tablespoons Italian dressing
- 1/4 cup crumbled feta cheese
- 1/4 cup pine nuts

Instructions

1. Place the cooked brown rice in the bottom of 4 large pasta bowls.
2. Top each with a 1/2 sliced chicken breast. Top the breast with a little bit of pesto applied with a brush.
3. Top the bowls with the spinach and veggies, arranging nicely in groups.
4. Top each with a spoonful of pine nuts, cheese, and dressing.
5. Serve immediately or chill for further use.

Nutrition

Serving: 1 bowl | Calories: 295kcal | Carbohydrates: 36g | Protein: 8g | Fat: 15g | Saturated Fat: 3g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 5g | Trans Fat: 0.01g | Cholesterol: 9mg | Sodium: 301mg | Potassium: 840mg | Fiber: 5g | Sugar: 2g | Vitamin A: 3525IU | Vitamin C: 69mg | Calcium: 118mg | Iron: 3mg