

California Chicken, Quinoa and Avocado Bowl

Healthy, yummy, and creamy is how I would describe this easy to make California Chicken, Quinoa and Avocado Bowl. Make it when you have some leftover chicken from a rotisserie chicken or just throw a couple chicken breasts in the oven. Test doneness by pressing your finger into the meat until it springs back, but no longer mushy or not yet rock hard. Let sit on the counter to cool and then slice crosswise for your bowls. To mince the gingerroot, either use a small food processor or zest it on a microplane right into the dressing container. This recipe makes four bowls for you and your friends, or you can keep the ingredients in your refrigerator and make a new bowl for your lunch for four days. What a great idea!!

2 chicken breasts, cooked and sliced
1 cup quinoa red or white
4 cups kale or swiss chard, stems removed
1 cup cabbage, shredded
1 cup edamame or peas (frozen, thawed)
1 avocado
2 Tablespoons pumpkin seeds (pepitas)

Tahini Dressing

$\frac{1}{3}$ cup tahini
 $\frac{1}{3}$ cup yogurt
 $\frac{1}{3}$ cup olive oil
1 lemon juice + zest from one lemon
1 large clove garlic
1 Tablespoon ginger root, peeled, minced
 $\frac{1}{2}$ teaspoon cumin, ground
 $\frac{1}{4}$ teaspoon salt and pepper to taste

- 1 Season raw chicken breasts with salt and pepper and place in 350° oven for 10-15 minutes. Time will depend on thickness of breasts. Cook until the meat is semi-firm when touched, but not hard. Let cool and slice crosswise into 1/8" slices.
- 2 While chicken is cooking, rinse quinoa and place into a small saucepan with 1 $\frac{1}{2}$ cups water. Bring to a boil, cover and turn to low heat for 15 minutes. After 10 minutes, add the chopped kale leaves. Check to make sure the pan does not go dry. Add water as necessary and remove cover and from heat when the grains are al dente. Set aside.
- 3 While quinoa gets started, clean kale by soaking and rinsing leaves. Chop leaves into small 1" pieces. Shred or chiffonade the cabbage leaves. Set aside.
- 4 Slice the avocado halves and use a large spoon to remove from the skin. Set aside.
- 5 Prepare Tahini Dressing. Combine all ingredients in a dressing shaker and shake to combine or stir into a bowl with a fork. If too thick, you can thin with a small amount of water.
- 6 Assemble Four Bowls: Place the quinoa and kale mixture in the bowl. Top with chicken breast slices on one side, avocado slices on the other. Tuck in the cabbage and the edamame into the bowl. Pour some of the Tahini Dressing over the top and sprinkle it with the pumpkin seeds.
- 7 Serve and mix it all together for a nice creamy delicious meal.

Servings: 4

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Total Time: 20 minutes

Oven Temperature: 350°F

Nutrition Facts

Nutrition (per serving): 761 calories, 365 calories from fat, 42.3g total fat, 69.7mg cholesterol, 414.8mg sodium, 1520.6mg potassium, 53.6g carbohydrates, 11.7g fiber, 2.7g sugar, 47.3g protein.

Source

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