

Chicken Protein Bowls



“Thanks to smoky grilled chicken, black beans, yogurt dressing and more, these bowls have a whopping 49 grams of protein and tons of flavor.”

Total Time: 20 min. prep + marinating grill: 15 min. + standing

Yields: 8 servings

INGREDIENTS:

- 1/4 cup water
- 3 tablespoons brown sugar
- 3 tablespoons white vinegar
- 3 tablespoons canola oil
- 1 tablespoon chopped chipotle pepper in adobo sauce
- 5 garlic cloves, halved
- 1 tablespoon ground chipotle pepper or ground ancho chile pepper
- 2-1/2 teaspoons ground cumin
- 2-1/2 teaspoons dried oregano
- 1-1/2 teaspoons kosher salt
- 1 teaspoon smoked paprika
- 1/2 teaspoon pepper
- 4 pounds boneless skinless chicken breasts

Dressing:

- 2 cups fresh cilantro leaves
- 3/4 cup fat-free plain Greek yogurt
- 1/3 cup extra virgin olive oil
- 1/3 cup peeled and cubed avocado
- 1/2 cup freshly squeezed lime juice
- 2 garlic cloves
- 4 teaspoons honey or agave nectar
- 1/2 teaspoon salt

Bowls:

- Cooked white or brown rice, sautéed bell peppers and red onions, cooked black beans, sliced avocado, pico de gallo, shredded chihuahua or Monterey Jack cheese, cilantro leaves and lime wedges, for serving

DIRECTIONS:

1. Place the first 12 ingredients in a blender; cover and process until pureed. Transfer marinade to a large bowl or shallow dish. Add chicken; turn to coat. Refrigerate 8 hours or overnight.
2. Drain chicken, discarding marinade. Grill chicken, covered, over medium-high heat or broil 4 in. from heat until a thermometer reads 170°, 6-8 minutes on each side. Let stand 10 minutes before slicing.
3. In a blender, puree dressing ingredients. Cover and chill until ready to use.
4. Assemble bowls by dividing rice, peppers and onions, black beans, cooked chicken, sliced avocado, pico de gallo, shredded chihuahua or Monterey jack cheese, and cilantro leaves among 8 bowls, as desired. Drizzle with dressing. Serve with lime wedges.