



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHIPTOLE CHICKEN BOWL W/CILANTRO LIME QUINOA

INGREDIENTS

For the Chicken and Bowl

- 2 Tbsp canola oil (divided)
- 1 minced chipotle pepper (+ 3 Tbsp adobo sauce from a can of chipotles in adobo)
- 1 Tbsp honey
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1 lb boneless, skinless, thinly sliced chicken breast
- 2 Tbsp red wine vinegar
- 5 oz packaged spinach, spring greens or argula
- 1 pint cherry tomatoes
- 1 avocado
- 1 cup packaged, shredded carrots (or 2 large carrots, shredded)
- 1 cup sliced radishes
- 2 scallions or green onions (finely chopped)

For Cilantro-Lime Quinoa

- 1 1/2 cups water
- 3/4 cups quinoa
- 1/8 tsp salt
- 2 limes (zested and juiced)
- 1 1/2 cups chopped, fresh cilantro)



DIRECTIONS

For the Cilantro-Lime Quinoa:

1. In a medium heavy-duty pot, add water, quinoa, and salt. Bring to a boil; cover and reduce heat to low. Cook until quinoa absorbs all the liquid, about 15 minutes. Remove from heat.
2. Into the quinoa, stir in the zest and juice of 2 limes and chopped cilantro.

For the Chicken and Bowl:

1. Into a large zip-top bag, add marinade ingredients: 2 tbsp. canola oil, minced chipotle pepper, adobo sauce, honey, salt, and pepper. Add chicken breasts into the bag, making sure the chicken is well-coated with marinade. Let sit for 10 minutes (make the quinoa as you wait) or place chicken in the refrigerator to marinate for up to 24 hours.
2. Into a large nonstick skillet over medium-high heat, warm remaining 1 tbsp. of oil. Add chicken breasts and marinade liquid, using tongs to frequently turn the chicken breasts to be coated in marinade. Saute until chicken is fully cooked, around 4 to 6 minutes depending on thickness. Remove from heat. When chicken has cooled slightly, transfer the chicken to cutting board to chop into bite-sized pieces. Then, transfer remaining liquid from pan into a small bowl; stir vinegar into the liquid to use as a dressing.
3. To assemble, add the greens into the bottom of each bowl. Divide quinoa and chicken among each bowl (1 cup of each), along with tomatoes, avocado, carrots, radishes, and scallions. Drizzle with the dressing and serve.

NUTRITIONAL INFORMATION | Serving size: 1 cup quinoa, 1 cup chicken, 2 cups vegetables
Calories: 480; Total Fat: 21g; Saturated Fat: 2.5g; Polyunsaturated Fat: 4.7g; Monounsaturated Fat: 10.8g; Cholesterol: 73 mg; Sodium: 559 mg; Total Carbohydrate: 44g; Dietary Fiber: 10g; Sugars: 13 g; Protein: 32g; Recipe makes 4 Servings