

Tex Mex Power Bowl

Recipe



Grocery List

Ingredients

- 3-4 oz Chicken breast, boneless, skinless (or protein of choice)
- 1 cup Spinach (or other greens)
- 1/4 cup Tomato, diced
- 1/4 cup Bell pepper, diced
- Onion, diced
- Radish, sliced (optional)
- 1/4 cup Salsa
- 1/4 cup Plain Greek yogurt

Seasonings

- Paprika
- Chili powder
- Cumin
- Onion powder
- Salt & pepper
- EVOO cooking spray

Optional Toppings

- Corn
- Black beans
- Cilantro, chopped
- Cheese, shredded
- Avocado, sliced
- Lime, wedged

Instructions

- Wash the spinach leaves or other leafy greens and pat dry.
- Dice the tomato, onion, and bell pepper. Slice the radishes. Chop cilantro. Slice and scoop out avocado. Slice lime into wedges.
- Season the chicken breasts with salt, pepper, and any other desired spices (such as cumin, chili powder, onion powder, or paprika) to your liking. Spray pan with extra virgin olive oil cooking spray (EVOO). Place chicken in pan and cook on medium heat until it reaches an internal temperature of 165°F. Slice or shred as desired.
- Assemble the power bowl. Placing spinach or other leafy greens on the bottom of the bowl.
- Arrange the grilled chicken, diced tomatoes, sliced bell peppers, onions, and radishes (if using) on top of greens.
- Add a spoonful of salsa and plain Greek yogurt over the chicken and vegetables.
- Finally, top the bowl with additional toppings such as cheese, cilantro, black beans, corn, sliced avocado and a squeeze of lime. Just remember, added toppings may change the nutrition information.
- Serve the Tex Mex Power Bowl immediately, optionally with additional salsa on the side for extra flavor.
- **Enjoy your nutritious and flavorful meal!** Depending on how you make your bowl, the nutrition information may approximate: 7g fat, 30g protein, about 260 calories, 15g carbohydrates, and 13g fiber.