Chipotle Chicken Bowls with Cilantro-Lime Quinoa

This one-dish wonder provides a protein, whole grain, and vegetables -- a complete meal. With their Mexican flair, these bowls make for a hearty dinner or a portable lunch that's easy to take with you. Just layer the chicken, quinoa, and veggies in a canning jar or in a plastic or glass storage container and you're ready to go.

Ingredients

For the Chicken and Bowl:

3 tablespoons canola oil (divided use)

1 minced chipotle pepper (+ 3 tablespoons adobo sauce from a can of chipotles in adobo)

1 tablespoon honey

1/8 teaspoon salt

1/8 teaspoon ground black pepper

1 pound boneless, skinless, thinly sliced chicken breast

2 tablespoons red wine vinegar

5-ounce package spinach, spring greens, or arugula

1 pint cherry tomatoes (halved if desired)

1 medium avocado (peeled, diced)

1 cup shredded carrots (about 2 large carrots)

1 cup sliced radishes

2 green onions (finely chopped)

For the Cilantro-Lime Quinoa:

1 1/2 cups water

3/4 cup quinoa

1/8 teaspoon salt

2 fresh medium limes (zested and juiced)

1 1/2 cups chopped, fresh cilantro

Directions

For the Chicken and Bowl:

Add 2 tablespoons oil, the minced chipotle pepper, adobe sauce, honey, salt, and pepper to a large resealable plastic bag. Add the chicken. Tightly seal the bag. Gently push the chicken around the marinade, tossing to coat well. Let stand for 10 minutes. Meanwhile, prepare the quinoa.

In a large nonstick skillet, heat the remaining 1 tablespoon oil over medium-high heat, swirling to coat the bottom. Add the chicken and marinating liquid. Cook for 4 to 6 minutes, or until the chicken is no longer pink in the center and the marinade comes to a boil. Remove from the heat. When the chicken has cooled slightly, transfer it to a cutting board. Chop the chicken into bite-size pieces. Transfer any remaining liquid from the pan into a small bowl. Stir in the vinegar until well combined. Set aside.

Once the quinoa has finished cooked, add the spinach to bowls. Add the cooked quinoa and chicken. Top with the tomatoes, avocado, carrots, radishes, and green onions. Drizzle with the dressing.

For the Cilantro-Lime Quinoa:

In a medium heavy pot, add the water, quinoa, and salt. Bring to a boil. Reduce the heat to low. Cook, covered, for 15 minutes, or until the quinoa absorbs all the liquid. Remove from the heat.

Stir in the lime zest and juice. Top with the cilantro.

Quick Tips

Cooking Tip: Do not eat a marinade that contained raw meat unless the marinade has been boiled. Otherwise, it can make you sick.

Keep it Healthy: Quinoa, referred to as a supergrain, contains more protein than any other grain. It's also higher in unsaturated fats and lower in carbohydrates than most grains. It can be used wherever rice is called for, including in main dishes, side dishes, and soups.

Tip: If you want to make this recipe ahead, let the chicken marinate for longer. It can stay in the marinade for up to 24 hours.

Tip: Get creative and make these bowls to your liking or with what vegetables you have on hand. For example, you can use bite-size cucumber pieces instead of shredded carrots. You can use fruit, too, such as chopped apples or orange segments.

Calories	Protein	Fiber	Cost Per Serving
480 Per Serving	32g Per Serving	10g Per Serving	$5.38

Nutrition Facts

Calories	480
Total Fat	21 g
Saturated Fat	2.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.5 g
Monounsaturated Fat	11 g
Cholesterol	73 mg
Sodium	559 mg
Total Carbohydrate	44 g
Dietary Fiber	10 g
Sugars	13 g
Protein	32 g

Dietary Exchanges

1 1/2 starch, 4 vegetable, 3 lean meat, 2 fat