

## Chicken, Sweet Potato & Zucchini Bowls

2 servings

45 minutes

### Ingredients

- 1 Zucchini (large, cut into fries)
- 1 Sweet Potato (large, cut into wedges)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 tsp Sea Salt (divided)
- 1 tsp Garlic Powder (divided)
- 1 tsp Oregano (divided)
- 1 Lemon (juiced, divided)
- 2 cups Cauliflower Rice
- 227 grams Chicken Thighs (boneless, skinless)
- 1/4 cup Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	491
Fat	32g
Carbs	23g
Fiber	5g
Protein	27g
Calcium	76mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, add the zucchini, sweet potato, half of the oil, half of the salt, half of the garlic powder, half of the oregano, and half of the lemon juice. Toss to combine.
- 3 Spread the zucchini and sweet potatoes out in an even layer on the baking sheet, leaving some room for the cauliflower rice. Cook for 20 to 25 minutes, or until browned, flipping halfway through.
- 4 Add the cauliflower rice to the baking sheet for the last two to four minutes of cooking.
- 5 While the veggies are in the oven, season the chicken with the remaining salt, garlic powder, and oregano. Heat the remaining oil in a pan over medium heat. Add the chicken and cook for seven to eight minutes per side, or until cooked through. Remove and let it rest for five minutes before slicing.
- 6 Divide the chicken, zucchini, sweet potatoes, and cauliflower rice evenly between bowls. Drizzle the remaining lemon juice on top. Garnish with cilantro and season with more salt if needed. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 2 1/2 cups of veggies with chicken.

**No Cilantro:** Use parsley and/or green onions instead.

## Balsamic Chicken & Pear Salad

2 servings

25 minutes

### Ingredients

1/4 cup Extra Virgin Olive Oil (divided)  
227 grams Chicken Breast (boneless, skinless)  
Sea Salt & Black Pepper (to taste)  
4 cups Mixed Greens  
1/2 Avocado (medium, cut into cubes)  
1/2 cup Dried Unsweetened Cranberries  
2 tbsps Pistachios (chopped)  
2 tbsps Walnuts (chopped)  
1 Pear (medium, sliced)  
2 tbsps Balsamic Vinegar

### Nutrition

Amount per serving	
Calories	716
Fat	46g
Carbs	48g
Fiber	10g
Protein	31g
Calcium	80mg

### Directions

- 1 Heat half of the oil in a cast-iron pan over medium heat. Season the chicken with salt and pepper, then place it into the pan. Cook for seven to eight minutes per side, or until cooked through. Remove and let it rest for five minutes before slicing.
- 2 Divide the mixed greens, avocado, dried cranberries, pistachios, walnuts, sliced pear, and sliced chicken evenly between bowls.
- 3 Drizzle the remaining oil into each bowl followed by the balsamic vinegar. Season with salt and pepper. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Add the avocado and dressing when ready to eat.

**Serving Size:** One serving is approximately 2 1/2 cups of salad with chicken.

**No Balsamic Vinegar:** Use apple cider vinegar or white wine vinegar.

**Additional Toppings:** Top with feta cheese or goat cheese.