



## CHICKEN TACO GRAIN BOWL



### About this Recipe

These bowls are quickly becoming a new love of mine, mostly because they are so easy whip up with items likely in your fridge already and they are a great way to get lots of veggies, good sources of carbs, and protein in one filling bowl. This week I used leftover shredded chicken but you could easily grill up chicken breasts and veggies on the weekend to make enough bowls for a week. You could also easily swap the chicken out for salmon, beef, or even sprouted organic tofu or tempeh. Quinoa or brown rice are probably the easiest grains to use. I prefer quinoa because it has more protein and fiber than traditional rice and it is just as easy to make.

### Ingredients

- 1 cup spinach or kale
- 1/2 cup quinoa, cooked
- 1/2 cup veggies of your choice, cooked  
(this bowl has zucchini, peppers, and onions)
- 1/2 cup protein: chicken, beef, sprouted organic tofu or tempeh
- 1 Tablespoon avocado
- 1/2 teaspoon minced garlic
- 2 teaspoons avocado oil
- Fresh salsa

### Directions

- 1 Heat up a pan on medium high heat. Add avocado oil and garlic. Cook for 1 to 2 minutes
- 2 Add cooked chicken and veggies. Cook for another minute or so until they are heated through. Add the cooked quinoa to the pan
- 3 Right before removing from the heat, add in spinach or kale to soften slightly. Top with avocado and fresh salsa