

Healthy Chicken Hummus Bowl

Makes: 2 servings

Total Time: 30 minutes

Ingredients

for the rice-

1 cup brown rice

2 ¼ cups water

pinch of salt

for the chicken-

2 chicken thighs, boneless and skinless

1 teaspoon lemon juice

1 clove garlic, minced

1 teaspoon coriander

1 teaspoon cumin

½ teaspoon smoked paprika

¼ teaspoon cardamom

¼ teaspoon kosher salt

¼ teaspoon fresh ground black pepper

1 teaspoon olive oil

for the salad-

½ cup diced tomato

½ cup diced yellow pepper

½ cup purple cabbage

¼ cup toasted walnuts

avocado, sliced

2 green onions, sliced

1 tablespoon lemon juice

1 tablespoon sesame seeds

salt and pepper to taste

hummus (homemade or store-bought)

Directions

For the rice, bring water to a boil then add brown rice and salt. Cover and reduce heat to a simmer. Simmer for 45 minutes without opening the pot. After 45 minutes, remove the pot from heat and let sit for 15 minutes without removing the lid. After 15 minutes, remove cover and fluff.

While the rice is cooking, prepare the chicken. In a large plastic bag or bowl, combine the chicken, lemon juice, garlic and spices. Toss to coat. Let marinate for 30 minutes. After 30

minutes (or up to 2 hours), heat a large heavy bottomed skillet to medium-high heat until very hot. Coat the pan with 1 teaspoon olive oil. Cook chicken uncovered for 8-10 minutes per side or until the center is fully cooked. Remove from pan and let rest before cutting.

To assemble bowls, add ½ cup cooked rice in the bottom of two bowls. Then divide veggies between both bowls, top with toasted nuts, avocado, green onion, and sesame seeds. Give each bowl a squeeze of lemon juice, a sprinkle of sesame seeds and a dollop of hummus. Serve and enjoy!