



## Avocado Chicken Quinoa Bowl

Main Dish • Chicken

### Ingredients

1 cup uncooked quinoa, rinsed thoroughly: The nutty, protein-packed foundation of our bowl. Rinsing is a crucial step to remove the natural bitter coating called saponin.

2 cups water or low-sodium chicken broth: Using broth instead of water is a simple trick to infuse the quinoa with a deeper, more savory flavor from the very start.

1 lb boneless, skinless chicken breasts, cut into 1-inch cubes: The primary source of lean protein. Cutting them into uniform cubes ensures they cook quickly and evenly.

1 tablespoon olive oil: For searing the chicken, creating a beautiful golden-

### Directions

- 1. Rinse the Quinoa:** Place the dry quinoa in a fine-mesh sieve. Rinse it thoroughly under cold running water for at least 30 seconds, swishing it around with your hand. This removes the saponin and prevents any bitterness.
- 2. Combine and Boil:** In a medium saucepan, combine the rinsed quinoa with your choice of 2 cups of water or chicken broth. Add a small pinch of salt. Bring the mixture to a rolling boil over medium-high heat.
- 3. Simmer and Steam:** Once boiling, immediately reduce the heat to the lowest possible setting, cover the saucepan with a tight-fitting lid, and let it simmer for 15 minutes. It's important not to lift the lid during this time.
- 4. Rest and Fluff:** After 15 minutes, remove the saucepan from the heat but keep the lid on. Let it stand and steam for another 5 minutes. This step is key to getting fluffy, distinct grains. After resting,

brown crust and locking in the juices.

**1 teaspoon smoked paprika:** Adds a warm, smoky depth to the chicken that complements the other fresh flavors.

**1/2 teaspoon garlic powder:** A savory essential that provides a base layer of flavor for the chicken.

**1/2 teaspoon onion powder:** Works in tandem with the garlic powder to create a well-rounded, savory seasoning.

**Salt and freshly ground black pepper, to taste:** The fundamental seasonings to enhance all the flavors.

**1 can (15 oz) black beans, rinsed and drained:** A fantastic source of fiber and plant-based protein, adding substance and a pleasant texture.

**1 cup cherry tomatoes, halved:** These add a burst of juicy sweetness and a pop of bright color.

**1 cup corn kernels (fresh, frozen, or canned):** Provides a delightful sweetness and a satisfying textural crunch. If using frozen, be sure to thaw it first.

**1/4 red onion, thinly sliced:** Offers a sharp, zesty bite that cuts through the richness of the other ingredients. Soaking the slices in cold water for 10 minutes can mellow their bite if you prefer.

**1 large ripe avocado, pitted and peeled:** This is the star of the dressing, providing

remove the lid and gently fluff the quinoa with a fork. Set it aside.

**5. Season the Chicken:** In a medium bowl, add the cubed chicken. Sprinkle with the smoked paprika, garlic powder, onion powder, salt, and pepper. Toss everything together until the chicken pieces are evenly coated in the spices.

**6. Sear the Chicken:** Heat 1 tablespoon of olive oil in a large skillet or pan over medium-high heat. Once the oil is shimmering, carefully add the seasoned chicken to the pan in a single layer. Be sure not to overcrowd the pan; cook in two batches if necessary.

**7. Cook Through:** Cook the chicken for about 6-8 minutes, turning the pieces occasionally, until they are golden brown on all sides and cooked through. The internal temperature should reach 165°F (74°C). Once cooked, remove the chicken from the skillet and set it aside.

**8. Combine Ingredients:** In a blender or the bowl of a food processor, combine the ripe avocado, Greek yogurt (or sour cream), fresh cilantro, minced garlic, and lime juice.

**9. Blend Until Smooth:** Blend the ingredients on high until the mixture is completely smooth and creamy.

**10. Adjust Consistency:** Scrape down the sides of the blender. Add 2 tablespoons of water and blend again. Check the consistency. If you prefer a thinner dressing, add more water, one tablespoon at a time, until you reach your desired pourable thickness.

**11. Season:** Add a pinch of salt and pepper, blend one last time, and taste. Adjust seasoning if needed.

**12. Create the Base:** Divide the cooked and fluffed quinoa evenly among four bowls.

**13. Arrange the Toppings:** Artfully arrange the cooked chicken, rinsed black beans, halved cherry

an incredibly creamy texture and a wealth of healthy fats. Choose one that yields to gentle pressure.

**1/2 cup plain Greek yogurt or sour cream:** The secret to an extra-creamy, tangy dressing. Greek yogurt also adds a nice protein boost.

**1/4 cup fresh cilantro, loosely packed:** Lends a fresh, herbaceous, and slightly citrusy note that is classic in Southwestern-inspired cuisine.

**1-2 cloves garlic, minced:** Adds a pungent, savory kick. Start with one clove and add more if you love a strong garlic flavor.

**Juice of 1 large lime (about 2-3 tablespoons):** The essential acidic component that brightens all the flavors and helps prevent the avocado from browning too quickly.

**2-4 tablespoons water:** Used to thin the dressing to your desired consistency. You want it to be pourable but not watery.

**A pinch of salt and pepper:** To season the dressing and make the flavors pop.

tomatoes, corn kernels, and thinly sliced red onion over the quinoa. You can place each ingredient in its own section for a beautiful, organized look.

**14. Drizzle and Serve:** Just before serving, drizzle a generous amount of the creamy avocado lime dressing over the top of each bowl. Garnish with a little extra fresh cilantro or a lime wedge if desired. Serve immediately and enjoy!

## Nutrition

Amount per serving  
Serving size: one normal portion  
Calories: 620  
Dietary Fiber: 15g  
Protein: 40g