

Chicken, Lentil, and Quinoa Power Bowl



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 1 cup [196 g] Cooked Lentils
- 1 cup, cooked [160 g] Quinoa (Cooked)
- 4 oz [112 g] Skinless Chicken Breast (*Cooked and shredded*)
- 2 cup, chopped [42 g] Kale
- 1 cup [120 g] Grated Carrots
- 2 tbsp [14 g] Pumpkin Seeds
- 4 2 tbsp [120 g] Healthy Vinaigrette (Bragg)
- 1 tbsp [3.8 g] Parsley (*Optional*)

DIRECTIONS

1. Cook quinoa and lentils according to their package directions.
2. Place the chicken breast in a saucepan and cover with water by 2 inches. Bring to a gentle simmer over medium heat.
3. Cover and simmer for 10–15 minutes, or until the internal temperature reaches 160°F (71°C). Let rest for 5–10 minutes, then shred.
4. In a large bowl, combine the cooked lentils, quinoa, chicken, kale, and carrots.
5. Divide evenly into two bowls. Drizzle with vinaigrette and top with pumpkin seeds and parsley, if using.

NUTRITION INFO

Calories : 591

Fat : 31.32 g

Carbs : 51.48 g

Protein : 28.75 g

Fiber : 11.35 g

Sugar : 7.66 g

