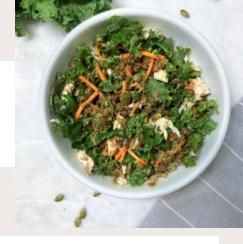
Chicken, Lentil, and Quinoa Power Bowl



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)
- 1tbsp[3.8 g] Parsley (Optional)

DIRECTIONS

- 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

