



Roasted Chicken, Butternut Squash and Guacamole Rice Bowls



Ingredients

- 2 cup, Rice - Brown, long-grain, cooked
- 15 fluid ounce, Black
- 1 cup, Coriander (cilantro) leaves, raw
- 1 tsp, Ground Cumin
- 2 tsp, Ground Red Chili Pepper
- 2 tsp., Kosher Salt
- 1 tsp, Black Pepper - Ground
- 2 tbsp(s), Oil - Olive
- 3 cup, cubes, Squash, winter, butternut, raw
- 1 Cup, Chopped, Red Onion
- 16 oz, Chicken Breasts Boneless Skinless
- 8 fluid ounce, Spicy Guacamole Dip



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Instructions

1. Cook the brown rice according to package directions, Stir in 1 cup of the cilantro and keep warm. Warm the beans in a small saucepan or the microwave and keep warm.
2. Preheat the oven to 450 degrees F.
3. Line a 9 X 13-inch baking sheet with aluminum foil and set aside.
4. In a small bowl or ramekin, mix the cumin, chili powder, kosher salt and pepper together. In a medium size bowl, add the butternut squash and onions. Drizzle with 1 tablespoon of olive oil and sprinkle with 2 teaspoons of the seasoning mix. Toss and spread out the veggies on the sheet pan.
5. In the same bowl, add the chicken and drizzle with the remaining olive oil. Sprinkle with the remainder of the seasoning and toss to coat well. Place the chicken on the foil lined sheet pan. Do not layer on the vegetables, but instead lay alongside.
6. Place the sheet pan on the middle rack of the hot oven and cook for 11-13 minutes. Do not disturb the vegetables or chicken so that they develop a caramelized crust. Transfer the chicken to a plate and cover with foil, then put the baking sheet back into the oven and cook the vegetables for an additional 5-7 minutes or until desired doneness.
7. Slice or chop the chicken breast. Assemble the bowls by layering the chicken with 1 cup brown rice, ¼ of the black beans the butternut squash and roasted onion. Top with guacamole and garnish with cilantro leaves and serve.

6 Servings

Nutrition Facts

6 servings

Amount per Serving

Calories 344

Total Fat 11 g

Saturated Fat 2 g

Cholesterol 40 mg

Sodium 682 mg

Carbohydrates 41 g

Fiber 9 g

Sugar 2 g

Protein 21 g