

Angie Bloom

Angie's Favorite Chicken Buddha Bowl

Ingredients for chicken

- 1 ½ lbs. boneless, skinless chicken breasts
- 6 T coconut aminos
- 1 T brown sugar
- 2 T toasted sesame oil
- 1 T chili garlic sauce or Sambal Oelek
- 2 garlic cloves
- 1 teaspoon ground ginger

For the bowls

- 4 green onions, thinly sliced
- 3 large carrots, I buy these already shredded
- 2 cups sliced red cabbage, you can buy this pre-shredded as well to save time
- 1 or 2 avocados, thinly sliced
- 2 T toasted sesame seeds
- ¼ cup cilantro
- 1 lime, cut into wedges for spritzing
- Sriracha (if you want more heat!)
- A little drizzle of sesame oil (my boys like this!)

Directions

1. At least 30 minutes before (but you can do this overnight!), place the chicken in a resealable bag. In a small bowl, whisk together the coconut aminos, brown sugar (you can use Truvia blend), sesame oil, chili garlic sauce, garlic cloves and ginger. Pour it over the chicken. This can marinate anywhere from 30 minutes to a full 24 hours!
2. Preheat the oven to 425°F.
3. Line a baking sheet with parchment paper to ease clean up then use kitchen tongs to pull the chicken from the marinade and place it on the paper. (Discard the remaining marinade although sometimes I just pour it all on the pan.)
4. Bake the chicken for 30 minutes at 425 degrees F, then check to see if it is done. Let the chicken rest for 10 minutes before slicing it.

5. To make the rice, choose jasmine, short grain or brown rice and heat a saucepan over medium-high heat and add the rice, water and salt per rice directions. Stir, then bring to a boil. Reduce the heat to low, cover and let cook, until liquid is absorbed. Fluff with a fork, then stir. You can also skip rice if eating grain-free and roast some spaghetti squash.
6. To assemble the bowls, add the rice on the bottom or for myself I will use roasted spaghetti squash as mentioned above. Top with the avocado, shredded cabbage and spiralized carrots, some green onions and a little cilantro. Add the chicken on top along with a few avocado slices. Top with toasted sesame seeds and a lime wedge. You can also drizzle on extra toasted sesame oil and Sriracha if you'd like!

Nutrition: Serves 4 – Calories 447 Fat 10g, Carbs 35g (with ½ cup of rice) Protein 52.7g Fiber 3.2g Sugar 10.1g (does not include avocado)

(The nutrition above was computed WITH the marinade and ½ cup rice, of course, this will change if you use roasted spaghetti squash. I do think the stats for this meal will be lower but without knowing how much marinade actually is on the chicken I included it within the macros for this recipe.)

