

## Everyday Chicken and Veggie Bowl

A new year means a new chance to eat a healthier diet, which means more veggies and less sugar/refined carbs/whatever else you're trying to cut.

It's difficult for sure, especially when times are uncertain, and all you want to do is cozy up with a big bowl of mac n cheese or curbside takeout.

But with the right ingredients, you can eat healthy meals that actually taste good. Like this chicken and veggie bowl. I love grain bowls — they're easy, customizable, and delicious. There are many variations, but what I like about this one is it makes a great use of leftover chicken, so that means dinner is ready in a flash. I made mine with cauliflower rice to cut carbs, but you can use regular rice, quinoa, or whatever you have. Cooking extra grains is also a nice way to speed up dinner on a busy night. The quicker and easier it is to put something healthy on the table, the more likely you are to do it, right? Right!?

A little Ava Jane's Kitchen Avocado Oil and Everyday Blend seasoning go a long way here to turn ordinary ingredients into something special, so give it a try. I promise you won't be disappointed.

## Everyday Chicken and Veggie Bowl

Serves 2

Prep time: 30 minutes

### Ingredients:

2 tablespoons Ava Jane's Kitchen Avocado Oil  
1 shallot, finely chopped  
3 cloves garlic, minced  
2 cups riced cauliflower (or cooked grain of your choice)  
1 teaspoon Ava Jane's Kitchen Everyday Blend  
1 cup cherry tomatoes, halved  
4 cups baby spinach  
2 cups cooked and shredded chicken breast  
Juice of 1 lemon  
Sea salt and fresh ground pepper, to taste

### Directions:

In a heavy, deep skillet, heat the oil over medium heat. Add the shallot and cook until softened. Stir in the garlic, cook for a minute, and add the cauliflower and seasoning. Stir and cook until cauliflower is crisp tender, and lightly browned.

Add the tomatoes and spinach and continue cooking until wilted.

Stir in the chicken, add the lemon juice, and continue cooking until heated through before serving.