

# Pesto Chicken Buddha Bowl

**Serving Size: 1 Bowl**



## Nutrition Facts:

Calories: 650

Fat: 31

Carbohydrates: 69 grams

Fiber: 7 grams

Protein: 27 grams

## INGREDIENTS:

2.5 OUNCE BALSAMIC CHICKEN BREAST DICED  
8 OUNCE TRI-CLOR QUINOA COOKED  
1.5 OUNCE GRAPE TOMATOES - ROASTED  
1 OUNCE FRESH ASPARAGUS  
2 TABLESPOON BALSAMIC GLAZE  
8 OUNCE SPRING MIX LETTUCE  
1/2 OUNCE FRESH RED ONION  
1 1/4 TABLESPOON OLIVE OIL  
1/8 TEASPOON SALT  
1/8 TEASPOON PEPPER  
1/8 TEASPOON BALSAMIC VINEGAR  
1 GARLIC CLOVE  
1 5/8 TEASPOON CANOLA OIL

## DIRECTIONS:

MIX 1 QUART OF HOT WATER AND QUINOA, STEAM FOR 22 MINUTES OR UNTIL WATER IS ABSORBED.

COMBINE OLIVE OIL, SALT AND PEPPER WITH TOMATOES. SPREAD ON A SHEET PAN. BAKE AT 400 DEGREES FOR 15 MINUTES OR UNTIL LIGHTLY BROWN.

COMBINE VINEGAR, SALT, PEPPER, OIL AND GARLIC FOR MARINADE - MIX WELL. COAT CHICKEN BREAST WITH MARINADE, LET MARINATE FOR 2 HOURS. GRILL CHICKEN UNTIL MARKED ON BOTH SIDES OR UNTIL INTERNAL TEMP REACHES 165 DEGREES.

PLACE SPRING MIX IN THE BOTTOM OF SERVING BOWL. ADD INGREDIENTS IN VERTICAL LINES AS FOLLOWS: QUINOA, TOMATOES, CHICKEN, ONIONS AND ASPARAGUS. ADD BALSAMIC GLAZE IN A SMALL SERVING DISH ON THE SIDE.

ENJOY!

mindful  
by *sodexo*