



Brown Rice, Chicken & Edamame Bowl

2 servings
40 minutes

Ingredients

1/2 cup Brown Rice (dry, rinsed)
10 ozs Chicken Breast (boneless, skinless)
5 Cremini Mushrooms (quartered)
1/2 Red Bell Pepper (medium, chopped)
1 tbsp Extra Virgin Olive Oil
1 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
1/2 cup Frozen Edamame (defrosted)
1/4 cup Green Goddess Salad Dressing

Directions

- 1 Cook the rice according to the package directions.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Place the chicken, mushrooms, and bell pepper onto the baking sheet. Drizzle with oil and lemon juice. Season with salt and pepper and toss to combine.
- 4 Cook in the oven for 20 to 25 minutes or until everything is cooked through. Slice the chicken.
- 5 Divide the rice, chicken, bell pepper, mushrooms, and edamame between bowls. Serve with the dressing and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1/2 cup brown rice and 1 1/2 cups veggies with chicken and dressing.

More Flavor: Add Italian seasoning to the vegetables and chicken.

Additional Toppings: Top with chopped parsley or green onion.

No Green Goddess Salad Dressing: Use cilantro lime dressing instead.