

Immune Boosting Chicken Bowl



These are the ingredients I used on my show “Get Healthy with Holly”. You can substitute other vegetables if you want.

Serving Size: 2-4 bowls

Ingredients:

- 2 Chicken Breasts
- 1 cup Quinoa
- 1 Sweet Potato (peeled, cut into 1-inch cubes)
- 1 Red Pepper (1-inch pieces)
- 1 cup Broccoli florets
- 5-6 oz Spinach
- 1 Garlic clove diced
- ¼ cup Almonds chopped
- Olive oil Spray
- Ground Turmeric
- Ground Cumin
- Salt & Pepper

Directions:

- Cook Quinoa according to directions or in Rice Cooker (2 cups water to 1 cup Quinoa)
- Sprinkle Ground Turmeric, Ground Cumin, Salt & Pepper on chicken. Spray with a little olive oil, rub mixture into chicken.
- On a lined baking sheet pan, place Chicken, Sweet Potatoes, Red Pepper, and Broccoli. Sprinkle Salt & Pepper to taste on vegetables. Spray vegetables with a little olive oil. Cook in Oven for 20 minutes at 400 degrees Fahrenheit
- Heat a frying pan, spray a little olive oil, add diced Garlic. Cook until Garlic turns slightly brown, then add Spinach. Sautee’ until done.
- Build your bowl with Quinoa, vegetables (including Spinach), add sliced chicken, and sprinkle chopped almonds on top.