



CREAMY COCONUT CHIPOTLE CHICKEN BOWL

(MAKES 4 SERVINGS, APPROX. 1¼ CUPS CHICKEN/ SAUCE AND 1¾ CUPS VEGETABLES EACH)

TOTAL TIME: 1 HR.
PREP TIME: 13 MIN.
COOKING TIME: 47 MIN.



- 1 lb. **Parchment paper**
- ½ tsp. **Nonstick cooking spray**
- 2 bags (16-oz. each) **raw chicken breast, boneless, skinless, cut into 1-inch cubes**
- 4 **sea salt (or Himalayan salt)**
- 1 (14-oz.) can **cauliflower rice**
- 1 (13.5-oz.) can **medium carrots, thickly sliced**
- 1 **hearts of palm, drained**
- 1 **lite coconut milk**
- 1 **medium tomato, quartered**
- 1 **onion, quartered**
- 1 to 3 **chipotle peppers in adobo sauce (to taste)**
- 3 cloves **garlic, finely chopped**
- ¼ cup **chopped fresh cilantro**

1. Preheat oven to 400° F.
2. Line 2 large baking sheets with parchment paper; lightly coat with spray. Set aside.
3. Season chicken with salt; set aside.
4. Spread cauliflower rice in an even layer on 1 prepared sheet. Spread carrots and hearts of palm in an even layer on remaining prepared sheet. Lightly coat vegetables with spray. Bake, stirring occasionally, for 25 to 30 minutes, or until cauliflower rice is dry and carrots are golden.
5. While vegetables bake, make the sauce by adding coconut milk, tomato, onion, and chipotle peppers to a food processor (or high-powered blender); cover. Pulse until smooth. Set aside.
6. Heat a large nonstick skillet over medium-high heat; lightly coat with spray.
7. Add chicken; cook, stirring occasionally, for 5 to 6 minutes, or until browned all over. Add garlic; cook, stirring frequently, for 1 minute, or until fragrant.
8. Add sauce; scrape browned bits from bottom and sides of pan. Bring to a gentle boil; reduce heat to medium-low. Gently boil, stirring occasionally, for 10 minutes, or until sauce thickens.
9. Evenly divide cauliflower rice, vegetables, and sauce among four serving bowls. Top with cilantro. Serve warm.

Tip:

Chipotle peppers in adobo sauce have a kick to them, and one can go a long way flavor-wise. So, if you're sensitive opt for less. But if you're brave, throw another in there! The sweetness of the coconut milk softens the heat from the peppers.

Recipes containing the **F** icon are designed to be high in fiber. These recipes contain at least 20% of the daily value for fiber.

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

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