

---

# ROASTED BOWL

---

Fall Chicken Bowl With Roasted Chicken, Root Vegetables, Brown Rice

---



## Fall Inspired Bowl

- ❖ 1 cup roasted Brussels sprouts
- ❖ 1 cup cooked brown rice
- ❖ 1 cup diced roasted chicken breast
- ❖ 2 cups roasted carrot sticks
- ❖ 1/2 cup fresh arugula
- ❖ 1 tablespoon balsamic vinegar or balsamic glaze
- ❖ dash hot pepper sauce

Arrange the ingredients in a bowl so that the rice is on the bottom with the chicken in the middle and the roasted vegetables on top. Serve hot. This dinner goes great with a fresh berry dessert. Roasting: Roast the chicken in a 350 degree oven until the internal temp is 165 or for about one hour. Add the lightly oiled vegetables after 15 minutes of roasting and roast all together until they are done.

Serves 2. Each 1 bowl serving: 285 calories, 3g fat, 1g saturated fat, 0g trans fat, 43mg cholesterol, 157mg sodium, 43g carbohydrate, 9g fiber, 9g sugars, 24g protein