

Chicken, Sweet Potato & Cauliflower Rice Bowl

10 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Add the sweet potato to the baking sheet and drizzle with 1/4 of the oil, half of the Italian seasoning, and half of the salt. Cook for 20 to 25 minutes or until browned and fork tender.
3. Meanwhile, season the chicken with the remaining Italian seasoning and salt. Heat half of the remaining oil in a pan over medium heat and add the chicken. Cook for six to eight minutes per side or until cooked through and browned.
4. Remove the chicken from the pan and add the cauliflower rice. Sauté for two to three minutes. Add a splash of water if needed.
5. Divide the mixed greens, sweet potatoes, chicken, cauliflower rice, sauerkraut, and avocado evenly between bowls. Drizzle each bowl with the remaining oil and lemon juice. Enjoy!

Ingredients

- 2 Sweet Potato (small, cubed)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 cup Italian Seasoning (divided)
- 1 tsp Sea Salt (divided)
- 8 ozs Chicken Breast (boneless, skinless, cubed)
- 1 cup Cauliflower Rice
- 4 cups Mixed Greens
- 1/2 cup Sauerkraut
- 1/2 Avocado (medium, cubed)
- 1/2 Lemon (juiced)

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 2 1/2 cups with chicken.

Additional Toppings

Top with fresh herbs like parsley and/or cilantro.