

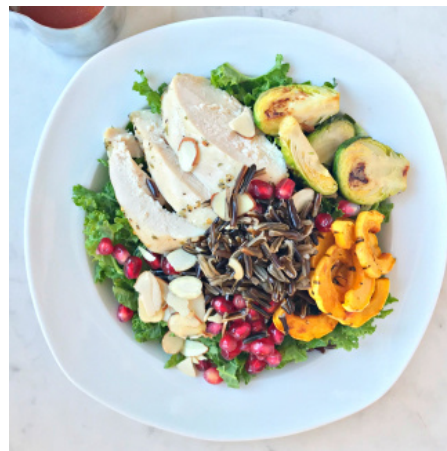
Chicken and Wild Rice Harvest Bowl

Prep Time 20 mins
 Total Time 55 mins

Meal Type Lunch,Dinner
 Contributed By

Source [LivingPlate](#)

Servings 5



Ingredients

- 7 cup kale, *spines removed and chopped*
- 2 cup Brussels sprouts, *halved and roasted*
- 1 medium sweet potato, *diced, roasted*
- 1 lb chicken breasts, *cooked*
- 1 cup wild rice, *cooked according to the package directions*
- 1/2 cup pomegranate arils
- 1/2 cup sliced almonds

Ingredients

- 1/4 cup olive oil
- 1/4 cup tart cherry juice
- 1/2 lemon, *juiced*
- 1 clove garlic, *minced*
- 1 tsp maple syrup
- 1 tsp Dijon mustard
- salt, *to taste*
- pepper, *to taste*

Notes

For the Delicata Squash and Sweet Potatoes: In a large bowl, combine the delicata squash and half of the olive oil. Toss evenly and then sprinkle with salt and pepper. Transfer to one of the lined baking sheets. In the same bowl add the Brussels sprouts, remaining olive oil, salt, and pepper. Toss to combine and transfer to the second baking sheet. Place both trays in the oven and bake 30-35 minutes at 400°F or until squash is soft and lightly browned and sprouts are crispy. For the chicken: On the other lined baking sheet, arrange the chicken breasts and season to taste with salt and pepper. Divide the olive oil evenly and spread around the tops and bottoms of the breasts. Bake for 13-15 minutes at 350°F or until the thickest part reached 165°F.

Directions

Prep

1. Roast Brussels sprouts and delicata squash. (see notes)
2. Cook chicken. (see notes)

Make

1. To assemble, divide the shredded kale evenly in the bottom of five shallow bowls.
2. Top with cooked wild rice, chicken, Brussels sprouts, squash, almonds and pomegranate arils.
3. Drizzle with the vinaigrette to taste. (or dressing of choice)

Directions

Prep

1. Mince the garlic.
2. Juice lemon.

Make

1. Combine all ingredients in a mason jar and shake until well blended.
2. Season with salt and pepper, to taste.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.