

GREEN GODDESS BOWL WITH GRILLED CHICKEN



Prep Time: 30 minutes

Cook Time: 20 minutes

Total Time: 50 minutes (+ 20 minutes marinating time)

Makes: 2

Make this sophisticated yet simple-to-prepare green goddess bowl for an eye-catching weeknight dinner and take the lunch leftovers to work the next day.

INGREDIENTS

Grilled Chicken:

- 1/3 cup Fresca® Grapefruit
- 2 tbsp olive oil
- 1 tbsp Worcestershire sauce
- 1 tbsp chili powder
- 1 tbsp finely chopped fresh thyme
- 1 tsp salt
- 1 tsp black pepper
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 2 boneless skinless chicken breasts (each about 5 oz)

Green Goddess Dressing:

- 1/4 cup Fresca® Grapefruit, plus more for pairing
- 1/2 avocado, pitted and peeled
- 1/4 cup olive oil
- 1/4 cup plain Greek yogurt
- 8 leaves fresh basil
- 1 sprig fresh dill
- 1/4 cup fresh packed parsley leaves
- 1 tbsp lemon juice
- 1 clove garlic
- 1/2 tsp salt
- 1/4 tsp black pepper

Salad Bowls:

- 2 cups cooked grains, such as brown rice, farro and/or barley
- 1 cup baby arugula
- 1 cup shredded kale
- 1/2 cup sliced cucumber
- 1/2 cup halved cherry tomatoes
- 1/2 cup cooked shelled edamame
- 1/4 cup crumbled feta cheese
- 2 radishes, thinly sliced
- 1 tbsp chopped fresh dill, for garnishing (optional)

INSTRUCTIONS

- 1. Grilled Chicken:** In medium bowl, stir together 1/3 cup Fresca, oil, Worcestershire sauce, chili powder, thyme, salt, pepper, garlic powder and onion powder. Toss chicken with marinade. Let marinate at room temperature for 20 to 30 minutes, or cover and transfer to refrigerator to marinate for up to 24 hours.
- 2.** Preheat grill to medium-high heat; grease grates well.
- 3.** Remove chicken from marinade, shake off any excess, pat chicken dry with paper towel and discard marinade.
- 4.** Grill chicken, turning every 5 minutes, for 20 to 25 minutes or until grill-marked, cooked through and internal temperature registers 165°F when inserted into thickest part of chicken. Let rest for 10 minutes before slicing.
- 5. Green Goddess:** Meanwhile, in blender, purée avocado, 1/4 cup Fresca, oil, yogurt, basil, dill, parsley, lemon juice, garlic, salt and pepper until smooth.
- 6. Salad Bowls:** Divide cooked grains between 2 bowls. Top with arugula, kale, sliced chicken, cucumber, tomato, edamame, feta and radishes. Drizzle with half the dressing. If using, garnish with dill. Serve with remaining dressing and pair with Fresca.

Tip: Substitute toppings as desired. Try chopped roasted beets, drained rinsed canned chickpeas or lentils, thinly sliced fennel, pickled red onion, goat cheese, watercress and radicchio for variations.