



Chicken Fajita Buddha Bowl

Cook Time: 50 minutes

Servings: 4

Ingredients for Quinoa

- 2 Cups Water
- 1 Cup Quinoa
- 1 tsp. Coconut Oil
- 1/2 tsp. Salt
- 1/2 tsp. Pepper

Ingredients for Pepper and Onion

- 1 Pepper
- 1 Sweet Onion
- 2 tbsp. Olive Oil
- Pinch of Pepper

Ingredients for Chicken

- 1 lb. Organic Chicken Breast
- 1 tbsp. Olive Oil
- 1/2 tsp. Garlic Powder
- 1/2 tsp. Salt
- 1/2 tsp. Pepper

Ingredients for Avocado Dip

- 2 Avocados
- Juice of 2 Limes
- 2 Jalapenos (seeds removed)
- 1/3 Cup Cilantro
- 1/2 Garlic Clove
- 1/2 Cup Non-fat Plain Greek Yogurt
- 1/2 tbsp. White Vinegar
- 1 tbsp. Olive Oil
- 2 tbsp. Water
- 1/2 tsp. Salt
- 1/4 tsp. Pepper

Instructions

1. Put 1 cup of quinoa in strainer and rinse.
2. In a pot add 2 cups of water, quinoa, 1 tsp. coconut oil, 1/2 tsp. salt and 1/2 tsp. pepper. Bring it to a boil. Reduce the heat so that it's simmering, cover, and let it cook 15 minutes. When all the liquid is absorbed, removed from heat and let it sit for 5 minutes. Fluff it with a fork when it's done.
3. Put 2 tbsp. of olive oil in a pan, and raise the heat to medium. Cut up 1 pepper and 1 sweet onion into long, thin slices, and add to the pan. Sprinkle with a pinch of pepper and stir until coated with olive oil. Cook them until the onion is caramelized and the pepper is soft.
4. Put 1 tbsp of olive oil in a cast iron skillet on medium/high heat. Rinse and pat dry 1 lb. chicken breast. Sprinkle both sides with 1/4 tsp. salt, 1/4 tsp. pepper, and 1/4 tsp. garlic powder. Cut into bite size pieces and put in pan. Flip when they are browned. It should take about 12-15 minutes.
5. Drain 15. oz. can of black beans.
6. Shred 2-4 oz. of cheddar cheese.
7. Put 2 avocados, juice of 2 limes, 2 jalapenos (remove seeds), 1/3 cup cilantro, 1/2 garlic clove, 1/2 cup non-fat plain Greek yogurt, 1/2 tbsp. white vinegar, 1 tbsp. olive oil, 2 tbsp. water, 1/2 tsp. salt, and 1/4 tsp pepper to a food processor or Magic Bullet. Blend until smooth.
8. Put quinoa in bowl and top with ingredients.
9. Put a big glob of the fiery avocado dip on top to finish off this delicious chicken fajita buddha bowl.



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