

## Curried Chicken Bowls

*Busy week? Meal prep these easy curried chicken bowl that will guarantee you 4 days worth of flavorful lunches with healthy, wholesome ingredients! This recipe calls for both brown rice and quinoa, both grains with plenty of nutrients and fiber. The curried chicken can be made a few days ahead.*

**Yield:** 4 servings

**Serving Size:** 4 oz.

### Ingredients:

- 1 cup cooked brown rice
- 1 cup cooked quinoa
- 3/4 cup low fat plain yogurt
- 1/3 cup grated onion
- 2 Tbsp mild curry powder
- 1 1/2 Tbsp lemon juice
- 1 Tbsp extra virgin olive oil
- 1/2 tsp salt
- 1/4 tsp cayenne pepper
- 1 pound boneless, skinless chicken breast, cut into 1-inch pieces
- 1/4 cup cooked fresh cilantro
- 1/4 cup thinly sliced scallions

### Instructions:

1. Cook the brown rice according to package directions.
2. Cook the quinoa according to package directions.
3. Stir yogurt, onion, curry powder, lemon juice, salt, and cayenne together. Add chicken and toss to coat. Cover and marinate in the refrigerator for at least 2 hrs or overnight.
4. Preheat oven to 400° F. Line a rimmed baking sheet with foil.
5. Remove chicken from marinade and place on baking sheet to roast until it is cooked through, about 15-18 mins.
6. Combine rice and quinoa, then divide among 4 single-serving containers with lids.
7. Top with chicken, cilantro and scallions, dividing evenly. Store in refrigerator up to 4 days.

Per Serving: Calories 191 kcal, Carbohydrates 3 g, Protein 28.6 g, Sat Fat 1.2 g, Sodium 352.7 mg, Added Sugars 0 g

This recipe was taken from <https://www.eatingwell.com/recipe/268334/meal-prep-curried-chicken-bowls/>