



Cilantro Lime Chicken Bowl

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

1 lb boneless chicken breast cutlets (pounded to even thickness)

Marinade

1 cup loosely packed cilantro leaves and soft stems

3 tablespoons O&V [Lemon Vinegar](#) *

6-8 garlic cloves, peeled

2 tablespoons O&V [Garlic EVOO](#) *

1 teaspoon ground cumin

1 teaspoon onion powder

1 teaspoon garlic powder

1 teaspoon chili powder

½ teaspoon O&V [Smoked Paprika](#) *

½ teaspoon salt

Pepper to taste

Bowl

4 cups romaine lettuce, chopped

1 cup cherry tomatoes, halved, (or 2 vine-ripened tomatoes, deseeded & chopped)

½ cup grated cheddar cheese (optional)

2 avocados, chopped

1 red serrano pepper or green jalapeño pepper for additional heat and garnish (optional)

Tortilla chips or strips to top

1 [Fiesta Carrot Rice](#) recipe

1 [Jalapeño Crema](#) recipe

Preparation

Add all marinade ingredients to a food processor and pulse until finely chopped. Reserve two tablespoons of the mixture for basting later. Coat the chicken breasts in the remaining marinade in a large freezer bag and place in the refrigerator for 2 hours minimum, or overnight.

Remove chicken from the fridge, allow to sit at room temperature for 30 minutes. Grease and pre-heat the grill to medium high (400-425F).

Grill the chicken for 4-6 minutes on each side until cooked through. Remove to cutting board and baste with reserve 2 tablespoons of marinading mixture. Let rest for 5 minutes before slicing on the diagonal (against the grain of the meat)

Arrange the romaine, cherry tomatoes, avocado, cheddar cheese and Fiesta Carrot Rice in a bowl. Add the chicken. Drizzle the bowl generously with the Jalapeño crema and serve garnished with additional serrano/jalapeno slices and tortilla strips.

Serves 4

Active time 25 minutes Total Time: Plus, time to marinade – 2 hours +

Notes

* The [Lemon Vinegar](#) and [Garlic EVOO](#) add layers of flavor to the marinade and therefore to the chicken. You can replace with lemon juice to which a little sugar is added and a high-quality [unflavored EVOO](#). If you do, I would add a few more garlic cloves too. The [Smoked Paprika](#) adds nice depth and smokiness to the marinade as well.

* You can replace the [Fiesta Carrot Rice](#) with a mixture of corn, black beans, red bell pepper and onion if you prefer, but I love the look and taste of this in the bowl. I don't think you can replace the [Jalapeño Crema](#) – it is absolutely addictive – but if you must, you can substitute with a high-quality store-bought taco sauce or Catalina dressing

Categories: Entrée, Gluten Free, Dairy Free, Easy Weeknight Meal, Quick Dinner, Cilantro Chicken Bowl, Meal Prep, Grilled Chicken, Cilantro Lime Marinade, South of The Border Chicken, Taco Salad, Burrito Bowl, Creamy Jalapeño Crema, Fiesta Carrot Rice, Mediterranean Diet, Lemon Vinegar, Garlic EVOO, Smoked Paprika, Jalapeño Oil,