

# Roasted Chicken, Butternut Squash and Guacamole Rice Bowls

Chef *Vincent* of D'Avolio

RECIPE MAKES: 8 SERVINGS

## INGREDIENTS

- 2 cups D'Avolio long-grain brown rice
- 1 15-ounce bag D'Avolio black beans (soaked, cooked, and rinsed)
- 1 cup cilantro leaves, chopped, plus more for garnish
- 2 tsp. ground cumin
- 2 tsp. ground chili pepper
- 2 tsp. kosher salt
- 1 tsp. freshly ground black pepper
- 2 Tbsp. D'Avolio Chipotle Olive Oil, divided
- 1 Tbsp. D'Avolio 18 year aged Balsamic
- 3 cups cubed butternut squash
- 1 red onion, sliced in ¼ - inch slices
- 2 8-ounce skinless, boneless chicken breasts, trimmed and cut in half lengthwise
- 1 8-ounce package Wholly Guacamole Dip of your choice

## NUTRITION INFO

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(310g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>360</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 690mg	30%
<b>Total Carbohydrate</b> 45g	16%
Dietary Fiber 9g	32%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 21g	
Vitamin D 0mcg	0%
Calcium 59mg	4%
Iron 2mg	10%
Potassium 663mg	15%

\*The % Daily Value 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.

## PREPARATION

1. Cook the brown rice according to package directions. Stir in 1 cup of the cilantro and keep warm. Warm the beans in a small saucepan or the microwave and keep warm
2. Preheat oven to 450°F
3. Line a 9X13 inch baking sheet with aluminum foil and set aside
4. In a small bowl or ramekin, mix the cumin, chili powder, kosher salt, and pepper. In a medium size bowl add the butternut squash and onions
5. Drizzle with 1 Tbsp. of olive oil, and sprinkle with 2 tsp. of the seasoning mix. Toss and spread out the veggies on the sheet pan
6. In the same bowl, add the chicken and drizzle with the remaining olive oil and balsamic. Sprinkle with the remainder of the seasoning and toss to coat well
7. Place the chicken on the foil lined sheet pan. Do not layer on the vegetables, but instead lay alongside
8. Place the sheet pan on the middle rack of the hot oven and cook for 11-13 minutes
9. Do not disturb the vegetables or chicken so that they develop a caramelized crust. Transfer the chicken to a plate and cover with foil, then put the baking sheet back into the oven and cook the vegetables for an additional 5-7 minutes or until desired doneness
10. Slice or chip the chicken breast. Assemble the bowls by layering the chicken with 1 cup brown rice, ¼ of the black beans and the butternut squash and roasted onion. Top with guacamole and garnish with cilantro leaves and serve

Healthy Options

