



## Southwest Chicken Protein Bowl

This zesty Southwest Chicken Protein Bowl is perfect for lunch or dinner. Packed with protein, crisp veggies, and quinoa, this bowl is fresh, filling, and meal-prep friendly!

### Servings: 4

#### Chicken

1 lb boneless, skinless chicken breasts  
1 tbsp olive oil  
1 tsp chili powder  
½ tsp cumin  
½ tsp smoked paprika  
½ tsp garlic powder  
½ tsp salt  
¼ tsp black pepper  
Juice of 1 lime

#### Lime Dressing

¼ cup olive oil  
2 tbsp fresh lime juice  
1 tsp honey

½ tsp garlic powder

¼ tsp salt

¼ tsp cumin

#### Quinoa & Toppings

2 cups cooked quinoa  
1 can (15 oz) black beans, drained and rinsed  
1 cup corn kernels (fresh, frozen, or canned)  
1 cup cherry tomatoes, halved  
½ cup red onion, finely diced  
1 avocado, diced  
¼ cup fresh cilantro, chopped  
½ cup shredded cheese (cheddar or Mexican blend)  
¼ cup plain Greek yogurt or sour cream (for serving)

### Instructions:

1. Prepare the chicken: In a bowl, mix olive oil, chili powder, cumin, smoked paprika, garlic powder, salt, and black pepper. Coat the chicken evenly and let it marinate for 15-30 minutes (if you have time).
2. Cook the chicken: Heat a skillet over medium heat. Cook the chicken for 5-6 minutes per side, until browned and cooked through (165°F internal temp). Let rest for a few minutes before slicing.
3. Make the dressing: In a small bowl, whisk together olive oil, lime juice, honey, garlic powder, salt, and cumin.
4. Assemble the bowls: Divide the cooked quinoa, black beans, corn, tomatoes, and red onion into serving bowls.
5. Add the chicken: Slice the chicken and place it on top of each bowl.
6. Top with extras: Sprinkle with avocado, cilantro, shredded cheese, and drizzle with the lime dressing. Serve with a dollop of Greek yogurt or sour cream.
7. Enjoy immediately or store in airtight containers for meal prep.