

Copycat of Sweet Green's Chicken Pesto Parm Bowl

Ingredients:

- 1 C Spinach
- 1/2 C Spicy Roasted Broccoli
- 4 oz. Chicken Breast
- 2 tbsp. Pesto Vinaigrette
- 1/2 C of halved cherry tomatoes (*optional*)
- Roasted Chickpeas or quinoa (*optional depending on nutrition plan*)



Directions:

1. **Chicken:** Preheat the oven to 400 degrees Fahrenheit. Spray chicken breast with oil spray and season with salt/pepper, garlic powder, and a squeeze of lemon juice. Bake for ~ 18 min or until cooked through. *Note: Use rotisserie chicken to save time.*
2. **Broccoli:** Cut a head of broccoli into bite-sized florets and season with oil spray, salt/pepper, and tsp. of red pepper flakes. Bake for ~ 18 min and toss halfway through.
3. Combine all ingredients in a large bowl and top with 2 tbsp. of pesto vinaigrette. See recipe for vinaigrette details.
4. *Optional: add 1/2 C of roasted chickpeas (+110 cals) if starches are on your plan OR 1/2 C of cooked quinoa (+111 cals) grains are on your plan.*

Nutrition Facts: ~216 kcals; Protein: 32 grams; Carbs: 9 g; Fat: 9g

Pesto

Vinaigrette

Ingredients:

- 2 C Basil
- 4 tbsp Parmesan Cheese
- 1/4 C Pine Nuts
- 1 tbsp. Olive Oil
- 3 cloves Garlic
- 2 tbsp. Lemon Juice
- 1/4 tsp. Salt/Pepper



Directions:

1. Using a food processor or blender, blend 2 C of Basil, 6 tbsp water, 1/4 C of pine nuts, 4 tbsp. grated parmesan, 1 tbsp. olive oil, 2 tbsp. lemon juice, 1/4 tsp salt/pepper, and 3 cloves of garlic.
2. Makes 8 servings. Store in an airtight container in fridge for up to 2 weeks or freeze.

Nutrition Facts:

Serving Size: 2 tbsp; 62 kcals;
Protein: 2g; Carbs: 2g; Fat: 6g