

# Chicken Guacamole Bowl

**RY** RENEWED YOU  
WELLNESS CHALLENGE



**Preparation: 25 minutes | Cooking: 20 minutes | Servings: 4**

## Ingredients:

- 1 pound boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces
- 3 medium ripe avocados, diced
- 2 medium red bell peppers, sliced  $\frac{1}{4}$ -inch thick (about 3 cups)
- 1 medium jalapeño pepper, seeded and finely chopped
- 1 medium red onion, thinly sliced (about  $1\frac{1}{2}$  cups)
- $\frac{1}{4}$  cup chopped fresh cilantro
- 2 tablespoons crumbled cotija cheese
- 2 tablespoons extra-virgin olive oil, divided
- 1 tablespoon lime juice, plus wedges for serving
- $1\frac{1}{2}$  teaspoons smoked paprika, divided
- $1\frac{1}{2}$  teaspoons ground cumin, divided
- $1\frac{1}{2}$  teaspoons granulated garlic, divided
- 1 teaspoon salt, divided
- $\frac{1}{4}$  teaspoon chili powder
- $\frac{1}{4}$  teaspoon ground pepper

## Instructions:

Preheat the oven to 450°F, with the rack in the center position. On a large, rimmed baking sheet, toss the sliced bell pepper and onion with 1 tablespoon oil,  $\frac{1}{2}$  teaspoon each smoked paprika, cumin and granulated garlic, and  $\frac{1}{4}$  teaspoon salt until evenly coated. Roast until the peppers and onions are softened, stirring once halfway through, 10 to 15 minutes. Meanwhile, in a medium bowl, toss the chicken pieces with  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon chili powder, the remaining 1 tablespoon oil, and 1 teaspoon each smoked paprika, cumin and granulated garlic. Increase the oven temperature to broil. Arrange the chicken evenly over the pepper mixture and broil on the center rack until the vegetables are slightly charred and the chicken is cooked through (165°F), about 6 minutes. Meanwhile, in another medium bowl, mash the diced avocados with  $\frac{1}{4}$  cup cilantro, the chopped jalapeño, 1 tablespoon lime juice,  $\frac{1}{4}$  teaspoon pepper and the remaining  $\frac{1}{4}$  teaspoon salt until the desired consistency is reached. Divide the avocado mixture among four shallow bowls (about  $\frac{1}{3}$  cup each), spreading it to cover the bottoms. Top with the chicken and pepper mixture (about  $1\frac{1}{4}$  cups each). Sprinkle each bowl with 2 tablespoons cotija, garnish with cilantro and serve with lime wedges, if desired.