



2210 HAINES AVENUE, RAPID CITY

SOUTH DAKOTA 57701

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Roasted Primavera Power Bowl

Serves 2 - 4

Marinated then roasted, the artichoke hearts, red peppers, and chicken in this salad are loaded with flavor! This hearty salad includes protein-packed quinoa and fiber-filled kale, both contributing to the high healthy factor of this power bowl. It's a salad that assembles easily and is deliciously enjoyed.

Marinade Ingredients:

3 tablespoons garlic-infused olive oil
3 tablespoons basil-infused olive oil
3 tablespoons extra virgin olive oil
4 tablespoons apple cider vinegar
4 tablespoons fresh lemon juice
1/2 teaspoon Kosher salt
1/2 teaspoon freshly ground black pepper
1 tablespoon fresh oregano, minced
1 tablespoon shallot, minced

Salad Ingredients:

8-10 small, water-packed canned artichoke hearts, halved
1 red sweet pepper, sliced into strips
2 boneless chicken breasts
3 cups cooked quinoa (about 1-1/4 cups dry quinoa)
1/2 cup fresh mozzarella 1" balls, halved
4 leaves Tuscan kale, chopped and massaged

Garnish:

Basil-infused olive oil for drizzling on the assembled bowl
Fresh basil leaves, chiffonade
Salt and pepper, to taste

Directions:

1. Whisk all of the marinade ingredients together in a medium bowl. Place the halved artichokes, sliced pepper strips, and chicken breasts each in their own bowls. Pour the marinade equally into each bowl until the ingredients are nicely coated. Let marinate for 30 minutes.

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2. Preheat the oven to 400 degrees F. On a large sheet pan, place the artichokes, red peppers, and chicken breasts with ample space around all of the ingredients. Cover the chicken breasts with a buttered piece of parchment paper. Roast for 15 minutes, then remove the red peppers. Continue roasting an additional 10-20 minutes or until the chicken reaches 165 degrees F in the largest part of the breast. Remove the artichokes and the chicken from the oven and allow to cool.

3. Meanwhile, prepare the quinoa according to the package instructions.

4. Halve the mozzarella balls.

5. Prepare the kale by chopping, then massaging with kosher salt and a drizzle of olive oil. Chiffonade (cutting into thin strips) the basil for a garnish.

6. Once the chicken has cooled, slice into strips.

7. Assemble each bowl with the cooked quinoa, roasted chicken, artichokes, mozzarella halves, and kale. Drizzle with additional basil-infused olive oil, and garnish with the fresh basil. Finish with a generous sprinkling of Kosher salt and freshly ground black pepper.