

RECIPE | TOMATOES

# TACO SALAD BOWL



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Recipe created by Loubies & Lulu

## INGREDIENTS

- 12 oz Pure Flavor® RedRoyals™ Sweet Cherry Tomatoes On-The-Vine, halved
- 2 Pure Flavor® Red Sweet Bell Peppers
- 2 lbs boneless skinless chicken thighs
- 5 cups romaine lettuce, shredded
- 2 cups cauliflower rice
- 1 avocado, cubed
- ½ red onion, diced
- 1 yellow onion, sliced thinly
- 2 tbsp olive oil
- 1 tbsp chili powder
- Salt

## DIRECTIONS

### For the rice:

1. Preheat the oven to 400° F. Line a baking sheet with parchment paper and add the cauliflower rice. Sprinkle lightly with salt and add ½ - 1 tablespoon of olive oil.
2. Spread the rice out in a thin layer. Put the rice in the oven and cook for 20 minutes.

### For the chicken:

1. Heat a pan over medium-high heat and add 1 tablespoon of olive oil.
2. Season both sides of the chicken thighs with chili powder before adding them to the pan.
3. Add chicken thighs to the hot pan and sear for about 5 minutes. Flip them and cook for 6 more minutes.
4. Once the chicken is done, remove it from the pan and let it cool before cutting it into bite-sized chunks.
5. In the same pan, add sliced yellow onions and peppers. Sauté until softened.

### Assembling the bowls:

1. Start with a base of lettuce and/or cauliflower rice.
2. Layer in chicken, onions, peppers, tomatoes, avocados and red onions. Top with your favorite salsa or dressing and serve.



### TOTAL TIME

30 minutes

### PREP TIME

10 minutes

### COOK TIME

20 minutes

### SERVES

4

### COOKING LEVEL

Easy