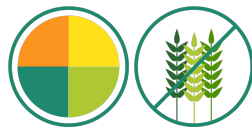


Mandarin Orange & Avocado Rice Bowl



This Asian inspired blend features ginger which has anti-inflammatory properties.



Nutrition Info

Makes: 40.5 fluid ounces
= 5 cups
= 1250 milliliters (mL)

Calories: 1150 kcal

Kcals/ mL: 0.92 kcal/ mL

Carbohydrate: 49%

Protein: 19%

Fat: 31%

Make it for the whole family:

[https://www.myrecipes.com/recipe/quinoa-salad-chicken.](https://www.myrecipes.com/recipe/quinoa-salad-chicken)

Mandarin Orange & Avocado Rice Bowl

Ingredients

- 4 ounces cubed (1 inch) chicken
- 4 teaspoons Avocado oil, divided
- 2 cups Brown rice
- 2 ½ cups 2% milk (or milk substitute)
- ½ cup Button mushrooms, chopped
- ¼ cup Red onion, chopped
- ¼ cup Carrots, chopped
- ½ cup Green bell pepper, chopped
- ½ cup Mandarin oranges, drained
- ¼ cup Avocado, chopped
- 1 teaspoon Ginger
- 1 clove (or ½ Tsp) Garlic
- Optional: ¼ teaspoon low-sodium tamari (gluten free)

Preparation

1. Wash all produce and chop.
2. Cook chicken in 2 teaspoons of avocado oil in skillet and allow to cool.
3. Cook rice according to package instructions and allow to cool.
4. Add ingredients to blender in the order listed. Blend until smooth and free of chunks. Strain if necessary.
5. Thin as desired with water or with milk or milk alternative until you reach desired consistency.

Kitchen Gear

High-speed blender

Chef knife

Skillet and cooking tongs

Measuring cups

- 1 cup, ½ cup, ¼ cup

Measuring spoons

- 1 teaspoon, ½ teaspoon

Tips

Swap out the chicken for other protein rich options such as shrimp, beef, or tofu.

Can also substitute low-sodium soy sauce for tamari but keep in mind the recipe will no longer be gluten free.



For more recipes and information visit www.CookingForTubies.com
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