

Crispy Chicken Tender Broccoli Rice Bowl

with Lemon Tahini Dressing

Ingredients for 4 hearty bowls:

for chicken:

- 16 chicken tenders
- 1 cup buttermilk
- 2 tablespoons olive oil
- Kosher salt and pepper
- 2 teaspoons garlic powder
- 3 teaspoons favorite Greek seasoning (I love Penzeys)
- 2 teaspoons oregano
- 1 cup flour
- 2 tablespoons canola oil

for veggies:

- 2-2½ lbs broccoli crowns
- 1 bunch scallions
- 3 cloves garlic
- 12 baby yellow squash
- 1 red pepper, diced
- 4 baby Eggplant, sliced ¼-inch thick
- 4-5 cups sliced shiitake mushrooms, or other favorite mushrooms
- 2-3 sweet potatoes, peeled and cut as fries
- 2 cups shredded red cabbage
- ¼ cup shredded carrots
- 2 avocados, halved and sliced
- Olive oil (about ¼ cup)
- 1 bunch basil, chopped or julienned
- ¼ cup chopped Italian parsley, plus more for garnish

Lemon Tahini Dressing:

- ⅓ cup tahini
- 3 tablespoons fresh squeezed lemon juice
- 1 tablespoon white balsamic vinegar
- 2 tablespoons olive oil
- ¼ cup water (adjust for desired thinness of Dressing)
- Kosher salt and pepper
- 1 teaspoon cumin
- ½ teaspoon garlic powder

Directions:

for chicken:

Season chicken tenders on both sides with listed seasonings. Place in a ziplock bag and add buttermilk and olive oil to the bag. Seal bag and allow chicken to marinate for 4-6 hours in refrigerator. Once ready, place flour in a large plate. Let excess marinade drip off tenders and then dredge in flour. Heat a heavy bottom skillet in canola oil to medium high and once sizzling, sear chicken for about 4 minutes a side until golden brown and cooked through. Place on a baking sheet and cover loosely with foil to keep warm or in a 250 degrees oven if they need a bit of extra cooking.

for broccoli rice:

Place garlic in food processor and pulse until fine. Add broccoli, in batches, pulsing until broccoli crowns are granular and rice-like in texture. Heat a large skillet with 3-4 tablespoons of oil, add chopped scallions and broccoli and sauté for about 5 minutes, stirring often and seasoning with salt and pepper. Taste to assure broccoli is not raw, but remains bright and crunchy. Add chopped parsley and stir to incorporate and set aside.

for veggies:

Preheat oven to 400. Season eggplant slices with salt and pepper and lightly toss with olive oil. Spread out and roast for about 10-15 minutes until tender. Once cool enough to handle toss with fresh basil. Place sweet potato fries on a different baking sheet and spread out with salt and pepper and smoked paprika tossing with a tablespoon or so of olive oil. Roast for about 30 minutes, tossing once or twice to insure even roasting. Season baby squash and mushrooms toss with a bit more olive oil and season with salt and pepper and roast for about 15 minutes until tender, but not over cooked. In a small bowl, toss the shaved red cabbage with carrots.

assemble bowls:

Divide broccoli rice amongst bowls. Place 4 chicken tenders in each bowl, distribute roasted sweet potato fries, prepared eggplant, baby squash mixture and mushrooms around plate. Add half a sliced avocado to each bowl, and a handful of red cabbage mixture to complete the bowl. Combine all the ingredients for the dressing together and whisk to combine. Drizzle dressing over each bowl, garnish with fresh parsley sprigs and enjoy!

