

# Rice Bowl Recipe: by Chef Niki

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1 Cup Brown Rice cooked  
2 Chicken Thighs Grilled and sliced  
1 Sm Hass Avocado sliced  
1 Lg Fresh Ripe Tomato Diced  
1 Cup Red Beans  
1/2 Red Onions Diced  
2 Cups Spring Mix Greens (washed)  
2 Tbsps. Greek Yogurt  
1 tsp salt  
1 tsp white pepper  
1tbsp Olive Oil  
1 tsp Balsamic Vinegar

## Directions:

- In a bowl combine Spring mix, 1 pinch salt, Olive oil, Balsamic vinegar, mix together.
- In a salad bowl or a plate 1st add salad, then 3tbsp rice, sprinkle 2 tbsps. red beans, 1 1/2 tbsp. red onions and 2 tbsps. diced tomatoes.
- Place some avocado slices on top of tomatoes and add a tbsp. of yogurt.
- Sprinkle a pinch of salt and pepper, serve.

This recipe makes 2 Servings