Prep Time	15 minutes
Cook Time	12–15 minutes
Total Time	30 minutes
Yield	4 servings
Difficulty	Easy
Cuisine	American / Meal Prep

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Ingredients

For the chicken:

- 1½ lbs (680 g) boneless, skinless chicken breast (about 4 breasts)

- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon black pepper
- Juice of ½ lime

For the bowl base:

- 2 cups cooked quinoa (or brown rice), cooled
- 4 cups mixed greens (romaine, spinach, or butter lettuce)
- 1 cup cherry tomatoes, halved

- 1 cup cucumber, diced
- 1 cup corn kernels (fresh, frozen, or canned — drained)
- ½ cup red onion, thinly sliced
- 1 cup black beans, rinsed and drained
- 2 ripe avocados, sliced
- ¼ cup fresh cilantro, chopped
- ½ cup crumbled feta cheese (optional)

For the lime-cilantro dressing:

- ¼ cup plain Greek yogurt (or sour cream)
- 2 tablespoons olive oil
- Juice of 1 lime (about 2 tablespoons)
- 1 small garlic clove, minced

- ¼ cup fresh cilantro leaves
- ½ teaspoon honey (optional)
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 2–3 tablespoons water, to thin

Equipment Needed

- Grill pan or skillet (or outdoor grill)
- Meat thermometer
- Blender or small food processor (for dressing)
- Mixing bowls
- Sharp knife and cutting board

- Meal prep containers (optional)

Instructions

Step 1: Season the Chicken — *Time: 4 minutes* | *Intensity: Low*

Pat the chicken breasts dry with paper towels — dry chicken = better sear. In a small bowl, mix the olive oil, smoked paprika, garlic powder, onion powder, cumin, salt, and pepper into a paste. Rub the seasoning evenly over both sides of each breast. Squeeze the lime juice over the top and let sit while the pan heats.

Step 2: Cook the Chicken — *Time: 12–15 minutes* | *Intensity: Medium*

Heat a grill pan or skillet over medium-high heat until a drop of water sizzles. Add the chicken and cook undisturbed for 6–7 minutes per side, until a deep golden crust forms and the internal temperature reaches 165°F (74°C). Resist flipping too early — a good sear needs patience. Transfer to a cutting board and rest for 5 minutes before slicing (this keeps the juices in).

Step 3: Make the Dressing — *Time: 3 minutes* | *Intensity: Low*

While the chicken cooks, combine the Greek yogurt, olive oil, lime juice, garlic, cilantro, honey (if using), salt, and pepper in a blender or small food processor. Blend for 20–30 seconds until smooth and bright green. Add water 1 tablespoon at a time until it reaches a pourable, drizzly consistency. Taste and adjust lime or salt as needed.

Step 4: Prepare the Bowl Components — *Time: 6 minutes* | *Intensity: Medium*

Halve the cherry tomatoes, dice the cucumber, thinly slice the red onion, drain and rinse the black beans, and chop the cilantro. If using frozen corn, thaw it quickly in a dry skillet over medium heat for 2–3 minutes for a touch of char. Slice the avocados just before assembling to keep them fresh and green.

Step 5: Build the Bowls — *Time: 3 minutes* | *Intensity: Low*

Divide the cooked quinoa among four bowls (about ½ cup each). Add a generous handful of mixed greens to each. Arrange the cherry tomatoes, cucumber, corn, red onion, and black beans in neat sections around the bowl. Fan the sliced avocado and chicken over the top. Sprinkle with cilantro and feta, if using.

Step 6: Dress and Serve — *Time: 2 minutes* | *Intensity: Low*

Drizzle the lime-cilantro dressing generously over each bowl — or serve it on the side for dipping. Serve immediately, or pack into airtight meal prep containers (store dressing and avocado separately for best results).

Time & Intensity Summary

Phase	Duration	Intensity
Season chicken	4 minutes	Low
Cook chicken	12–15 minutes	Medium
Make dressing	3 minutes	Low
Prep components	6 minutes	Medium
Build bowls	3 minutes	Low
Dress & serve	2 minutes	Low

Phase	Duration	Intensity
Total	~30 minutes	Easy

Nutrition Information (Per Serving — 1 bowl with dressing)

Nutrient	Amount
Calories	545 kcal
Total Fat	24 g
Saturated Fat	5 g
Cholesterol	95 mg
Sodium	640 mg
Total Carbohydrates	42 g
Dietary Fiber	11 g
Total Sugars	6 g
Protein	42 g
Calcium	130 mg
Iron	3.5 mg
Vitamin A	35% DV
Vitamin C	40% DV
Potassium	1,050 mg