Prep Time: 15 minutes
Cook Time: 12-15 minutes
Total Time: 30 minutes
Servings: 4

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Introduction

When you need a meal that is simultaneously fresh, filling, and packed with vibrant flavors, this Grilled Chicken & Avocado Salad Bowl delivers on every front. Tender, juicy grilled chicken sits atop a bed of crisp greens, creamy avocado, juicy cherry tomatoes, crunchy cucumber, and sweet corn, all brought together with a bright, zesty lime-cilantro dressing. It is the kind of bowl that satisfies a hearty appetite while leaving you feeling energized rather than weighed down.

This recipe is a staple for anyone who loves meal prep, healthy weeknight dinners, or simply eating food that tastes as good as it looks. It comes together in about 30 minutes, making it perfect for busy evenings, yet it is impressive enough to serve to guests. The components can be prepped ahead and assembled in minutes, making it an ideal candidate for

lunchboxes and meal-prep containers. Whether you are fueling up after a workout, packing a nutritious lunch for work, or enjoying a light dinner on the patio, this salad bowl hits the spot every time.

Ingredients

For the Grilled Chicken:

- 4 boneless, skinless chicken breasts (about 1 ½ lbs)
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- 1 teaspoon salt
- ½ teaspoon black pepper

- Juice of ½ lime

For the Salad Bowls:

- 6 cups mixed greens (romaine, spinach, or spring mix)
- 2 cups cherry tomatoes, halved
- 2 medium avocados, pitted, peeled, and sliced
- 1 English cucumber, sliced
- 1 cup corn kernels (fresh, frozen, or canned and drained)
- ½ small red onion, thinly sliced
- ¼ cup chopped fresh cilantro
- 1 lime, cut into wedges (for serving)

For the Lime-Cilantro Dressing:

- ¼ cup extra-virgin olive oil

- Juice of 2 limes (about ¼ cup)
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon honey or maple syrup (omit for keto)
- 1 clove garlic, minced
- ½ teaspoon salt
- ¼ teaspoon black pepper

Optional Toppings:

- Crumbled feta cheese or cotija cheese
- Toasted pepitas (pumpkin seeds)
- Sour cream or Greek yogurt
- Sliced jalapeño

Equipment

- Grill or grill pan
- Mixing bowls (small and large)
- Whisk
- Tongs
- Chef’s knife and cutting board
- Meat thermometer (optional)
- Serving bowls

Instructions

Phase 1: Marinate the Chicken (Time: 5 Minutes | Intensity: Low)

1. Prep the Chicken: Pat the chicken breasts dry with paper towels. If the breasts are very thick, slice them horizontally to create thinner cutlets, which will cook more evenly.

2. Make the Marinade: In a small bowl, whisk together the olive oil, smoked paprika, garlic powder, onion powder, cumin, chili powder, salt, pepper, and lime juice.

3. Coat the Chicken: Place the chicken in a shallow dish or a zip-top bag and pour the marinade over the top. Massage the marinade into the chicken, ensuring each breast is evenly coated. Let it marinate for at least 15 minutes at room temperature, or up to 4 hours in the refrigerator. If refrigerating, let the chicken come to room temperature for 10 minutes before grilling.

Phase 2: Make the Dressing (Time: 5 Minutes | Intensity: Low)

1. Combine Ingredients: In a small bowl or a jar with a tight-fitting lid, combine the olive oil, lime juice, chopped cilantro, honey (if using), minced garlic, salt, and pepper.

2. Whisk or Shake: Whisk vigorously or shake the jar until the dressing is emulsified and well combined. Taste and adjust the lime juice or salt to your preference. Set aside.

Phase 3: Grill the Chicken (Time: 12-15 Minutes | Intensity: High)

1. Preheat the Grill: Preheat your grill or grill pan to medium-high heat (about 400°F / 200°C). Lightly oil the grill grates to prevent sticking.

2. Grill: Place the chicken breasts on the hot grill. Cook for 6-7 minutes per side, depending on thickness, until the chicken is cooked through and reaches an internal temperature of 165°F (74°C). The chicken should have distinct grill marks and release easily from the grates.

3. Rest: Remove the chicken from the grill and transfer it to a cutting board. Let it rest for 5 minutes before slicing. This keeps the juices locked in and ensures moist, tender chicken.

Phase 4: Assemble the Salad Bowls (Time: 5 Minutes | Intensity: Low)

1. Prep the Vegetables: While the chicken rests, halve the cherry tomatoes, slice the cucumber, thinly slice the red onion, and slice the avocados.

2. Build the Base: Divide the mixed greens evenly among four large serving bowls.

3. Arrange the Toppings: Top each bowl with the cherry tomatoes, cucumber slices, corn, red onion, and avocado slices. Sprinkle with the chopped fresh cilantro.

4. Add the Chicken: Slice the rested chicken breasts into strips and arrange them on top of each bowl.

5. Dress & Serve: Drizzle the lime-cilantro dressing over each bowl, or serve it on the side. Garnish with lime wedges and any optional toppings like feta cheese or toasted pepitas.

Flavor Variations

- Southwest Bowl: Add a scoop of black beans and a drizzle of chipotle ranch dressing.

Top with crushed tortilla chips for crunch.

- Mediterranean Bowl: Swap the cilantro-lime dressing for a lemon-oregano vinaigrette. Add kalamata olives, feta cheese, and red bell pepper.

- Teriyaki Bowl: Marinate the chicken in teriyaki sauce and use a sesame-ginger dressing. Add edamame and shredded carrots.

- Spicy Grilled Chicken: Add ½ teaspoon of cayenne pepper to the marinade and include sliced jalapeños in the bowl for extra heat.

- Vegetarian Bowl: Substitute the chicken with grilled halloumi cheese, chickpeas, or grilled portobello mushrooms.

Nutrition

Note: Nutritional information is an estimate based on ¼ of the recipe with dressing and does not include optional toppings.

Serving Size: 1 bowl (1 chicken breast + ¼ of salad + 2 tablespoons dressing)
Calories: 520
Total Fat: 34g
Saturated Fat: 5g
Cholesterol: 95mg
Sodium: 780mg
Total Carbohydrates: 22g
Dietary Fiber: 9g
Sugars: 7g
Protein: 38g