



Buffalo Chicken Rice Bowl

529 Calories

Ingredient List

Rice Bowl

- 2 lbs boneless skinless chicken breast, finely chopped
- 3 tsp olive oil
- 1 1/2 tsp seasoned salt
- 8 cups of cooked jasmine rice (4 cups uncooked jasmine rice)
- 1 container of fat-free feta crumbles
- 1 pack of bacon bits
- 6 vine-ripened tomatoes, finely chopped
- 8 oz bag shredded iceberg lettuce
- 10 oz bag shredded carrots

Buffalo Ranch Sauce

- 2 cups non-fat Greek yogurt
- 4 tbsp buffalo sauce
- 2 tbsp light mayo

- 1 tsp dried dill
- 1 tsp dried parsley
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- Salt to taste
- Water for consistency

Cooking Instructions

1. Cook the rice according to the package directions.
2. Make the rice bowl sauce by mixing all ingredients under the buffalo ranch sauce list together until well combined. Thin out the sauce to your liking with water.
3. Chop the chicken breasts into bite-sized pieces. Toss the pieces in olive oil followed by the seasoned salt.
4. Add the chicken to the pan preheated over medium-high heat to cook for 2 minutes a side or until cooked through.
5. Cook the rice according to the package directions.
6. Make the rice bowl sauce by mixing all ingredients under the buffalo ranch sauce list together until well combined.
7. Chop the chicken breasts into bite-sized pieces. Toss the pieces in olive oil followed by the seasoned salt.
8. Add the chicken to the pan preheated over medium-high heat to cook for 2 minutes a side or until cooked through.

