

Greek Power Bowls

THM-Friendly: S

Makes 4 Bowls.

Bowl Ingredients:

- 4 cups cauliflower rice
- 4 snack-sized cucumbers, sliced
- 1 basket of cherry tomatoes, cut into quarters
- 1 lb. precooked chicken breast, cut into chunks
(rotisserie is a great option)
- 2 small bell peppers (your choice of color), diced
- 1/2 cup Greek olives, cut into halves
- 1 small container of feta cheese (I prefer the low-fat!)

Dressing:

- 1/4 cup olive oil or avocado oil
- 3 Tbsp. red wine vinegar
- 1 tsp. minced garlic
- 1/2 tsp. oregano
- 1/4 tsp. Dijon mustard
- 1/4 tsp. mineral salt
- black pepper to taste

Tzatziki Sauce:

- 1/2 cup finely grated cucumber
- 1 cup 0% Greek yogurt
- 1 Tbsp. lemon juice
- 1 Tbsp. olive oil
- 1 tsp. minced garlic
- 1/4 tsp. mineral salt
- 1 Tbsp. chopped fresh dill (or 2 tsp. dried...but fresh is preferable)



Arrange all bowl ingredients separately in each bowl. Equally portion each ingredient into the four bowls.

Combine dressing ingredients in a small bowl. Drizzle over the four bowls.

Combine Tzatziki sauce ingredients in a small bowl. Top each bowl with a healthy scoop.

Refrigerate in covered containers. When ready to enjoy, just stir all ingredients together.

enJOY!

