



Spring Asparagus & Citrus Chicken Bowl

- 1 lb. asparagus trimmed
- Olive oil, sea salt, pepper to taste
- 1 lb. grilled chicken
- 1 cup cooked quinoa
- 2 cups spinach or mixed greens
- 1 small fennel bulb, thinly sliced
- 1 large orange or grapefruit segmented
- Toasted almonds or pumpkin seeds (healthy fats), optional

Toss asparagus with olive oil, salt and pepper to coat. Roast at 400 degrees for 12 to 15 minutes. Grill or pan sear chicken and slice into strips. Assemble the bowl layering quinoa, greens, asparagus, sliced fennel, citrus segments and chicken. Drizzle with extra virgin olive oil and sprinkle with nuts/seeds as you choose.

Yields: 4 servings

