

Providing compassionate care and hope to people facing cancer

## ***Roasted Chicken Hummus Bowl: Summer 2025 BW II***

### ***Ingredients***

12 oz pesto or plain hummus  
2 small lemons, zested and juiced  
1 cup wheat berries or brown rice (microwaveable)  
5 oz fresh spinach, chopped  
1 pint grape tomatoes, halved  
1 orange pepper, chopped  
2 large avocados, chopped  
1 lb boneless, skinless chicken breast (or 1 roasterie chicken)  
1 cup dried cherries or raisins  
1 red onion, chopped  
½ cup slivered almonds

#### Dressing:

3 tablespoons lemon juice, juice from 1  
lemon  
1/3 cup red wine vinegar  
1 Tablespoon olive oil  
1 Tablespoon Dijon Mustard  
2 Tablespoons of fresh parsley  
1 tsp black pepper

### ***Instructions***

1. Mix 2 tbsp of the hummus with half the lemon juice, the lemon zest and enough water to make a drizzly dressing. Squeeze the rice pouch to separate the grains, then divide between two shallow bowls and toss with dressing.
2. Top each bowl with a handful of the spinach.
3. Squeeze the remaining lemon juice over the avocado halves, then add one quarter to each bowl.
4. Divide the chicken, tomatoes, peppers, cherries, onion, almonds and remaining hummus between the two bowls and gently mix everything together just before eating.
5. Top with vinaigrette. Enjoy!

**Serving Size: 1 cup, 4 servings**

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*Nutrition Tip*

- Despite their soft texture, avocados are a high fiber fruit! They contain soluble and insoluble fiber, both important for gut health!