

Healthy Grilled Chicken Rice Bowl with Lemon Yogurt Dressing

Grilled Chicken Salad with Rice & Yogurt Dressing



TIME
35 min

TEMP
165°F

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INGREDIENTS

For the Chicken 4 chicken breasts:

1 tablespoon olive oil Salt, to taste Black pepper, to taste 1 teaspoon garlic powder 1 teaspoon paprika 1 teaspoon dried oregano

For the Rice 2 cups basmati rice:

4 cups water Salt, to taste

For the Salad:

1 cucumber, sliced 1 cup cherry tomatoes, halved ½ cup red onion, thinly sliced 2 cups mixed salad greens

For the Yogurt Dressing ½ cup plain yogurt 1 tablespoon fresh lemon juice 1 tablespoon fresh parsley, chopped Salt and black pepper, to taste
Ingredient:

DIRECTIONS

1. Step-by-: Step Instructions
2. Cook the : Rice
3. Add the basmati rice, water, and salt to a pot.
4. Bring to a boil, then reduce the heat and simmer until the rice is tender and fluffy according to package instructions.
5. Set aside and keep warm.
6. Prepare the : Grill
7. Preheat a grill or grill pan to
8. medium-high heat
9. Season the : Chicken
10. Rub the chicken breasts with olive oil.
11. Season with:
12. black pepper
13. garlic powder
14. dried oregano
15. Grill the : Chicken
16. Place the chicken on the hot grill.
17. 5-7 minutes per side
18. , until fully cooked and the internal temperature reaches
19. 165°F (74°C)
20. Remove from the grill and let the chicken rest briefly before slicing.
21. Prepare the : Salad
22. In a large bowl combine:
23. cherry tomatoes
24. mixed greens

25. Drizzle lightly with olive oil and lemon juice.

SWAPS & NOTES

This recipe is easy to adjust depending on what you have available.

Cook the Rice Add the basmati rice, water, and salt to a pot.

Bring to a boil, then reduce the heat and simmer until the rice is tender and fluffy according to package instructions.

Prepare the Grill Preheat a grill or grill pan to medium-high heat . 3.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/healthy-grilled-chicken-rice-bowl-with-lemon-yogurt-dressing/>