

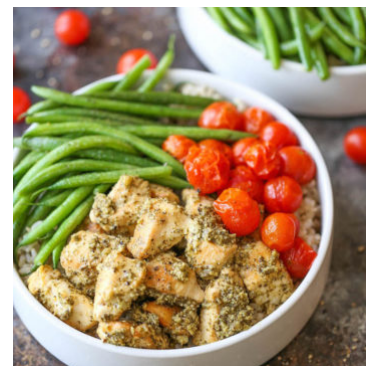
# CHICKEN PESTO BOWLS

yield: 4 SERVINGS   prep time: 15 MINUTES   cook time: 40 MINUTES   total time: 55 MINUTES

*Healthy pesto chicken bowls served with brown rice, green beans and roasted tomatoes! Easy peasy and can be prepped ahead of time!*

## INGREDIENTS:

- 1 cup brown rice
- 2 cups cherry tomatoes
- 3 tablespoons olive oil, divided
- 1/4 teaspoon dried oregano
- Kosher salt and freshly ground black pepper, to taste
- 1 pound green beans, trimmed
- 1 pound boneless, skinless chicken breasts, cut into 1-inch chunks
- 1/4 cup pesto, homemade or store-bought



## DIRECTIONS:

1. In a large saucepan of 2 cups water, cook rice according to package instructions; set aside.
2. Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
3. Place tomatoes in a single layer onto the prepared baking sheet. Add 2 tablespoons olive oil and oregano; season with salt and pepper, to taste. Gently toss to combine.
4. Place into oven and bake until the tomatoes begin to burst and have softened, about 15-16 minutes; set aside.
5. In a large pot of boiling salted water, blanch green beans until bright green in color, about 2 minutes. Drain well and cool in a bowl of ice water. Drain well and set aside.
6. Heat remaining 1 tablespoon olive oil in a large skillet over medium heat. Season chicken with salt and pepper, to taste. Add to skillet and cook until golden, about 3-4 minutes. Stir in pesto and gently toss to combine.
7. Serve chicken immediately with rice, tomatoes and green beans.

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