

SUMMER RICE BOWL

3 boneless, skinless chicken breasts

1/2 bottle Caesar salad dressing

1 1/2 c. rice

3 1/3 c. chicken broth

1 T. butter

1/3 c. pine nuts

1/2 t. Herbes de Provence

1—15 oz. can chick peas

1 large clove garlic, minced

3/4 t. red pepper flakes

1 T.+ olive oil

salt and pepper

1 pint heirloom grape tomatoes

balsamic vinegar

2-3 chives, minced

2 yellow bell peppers, cored and sliced into 3/8" thick slices

2 small zucchini, halved lengthwise and chopped into 1/2" chunks

1/2 of a small head of radicchio, sliced very thinly

1 avocado, peeled, pit removed and sliced

lemon wedges (opt.)

1/4 c. coarsely chopped parsley

Place chicken breasts in a Ziploc bag and pour salad dressing over. Seal. Refrigerate 1-3 hours to marinate.

In a small bowl, combine heirloom tomatoes with a drizzle of olive oil, a splash of balsamic vinegar, salt, pepper, and minced chives. Set aside.

In a small skillet, heat 1 T. olive oil over medium heat. Add chick peas, minced garlic, red pepper flakes, salt, and pepper, and sauté until beans are crispy. Set aside.

To make rice, in a medium saucepan, combine: rice, chicken broth, 1 T. butter, pine nuts, and Herbes de Provence. Bring to a boil. Reduce heat to low, cover, and simmer for 20 minutes. Let stand, covered, 5 minutes. Fluff with fork.

While rice is cooking, toss sliced peppers and zucchini with olive oil, salt, and pepper. Heat grill, and grill squash in a grilling basket until tender. And grill chicken breasts until juices run clear. Slice chicken.

To assemble: heap rice on platter and add all remaining ingredients in sections atop rice.

Serves. 4-6.

