

# Asian Inspired Power Bowl

## Ingredients

- Cooked brown rice (I use microwave rice)
- Rotisserie chicken
- Shelled Edamame beans
- Shredded carrots
- Sliced red bell pepper
- Sliced avocado
- Fresh mint
- Soy ginger dressing or peanut dressing

## Directions

1. Start with a base of cooked brown rice in a bowl.
2. Next add your shredded chicken
3. Add edamame beans, shredded carrots, sliced red bell pepper, and avocado slices.
4. Sprinkle sliced green onions and sesame seeds over the bowl.
5. Drizzle with soy ginger dressing.
6. Gently mix everything together before enjoying.

MADE WITH LOVE

by Teresa Forchard