

Green Veggie Bowl with Chicken & Lemon-Tahini Dressing

For this healthy 30-minute dinner, treat your veggies like pasta and cook until al dente, or just done. If you have a little extra time, double or triple the lemon-tahini dressing and use it to quickly dress a salad or as a sauce for steak or shrimp.

By **Joy Howard** | Updated on October 5, 2025

 Reviewed by Dietitian **Breana Lai Killeen, M.P.H., RD**

Prep Time: 30 mins

Total Time: 30 mins

Servings: 4

Yield: 4 servings

Nutrition Profile:

Anti-Inflammatory Diabetes-Friendly Nut-Free Dairy-Free Healthy Pregnancy Healthy Aging Healthy Immunity Low-Sodium Soy-Free Heart-Healthy High-Protein Egg-Free Gluten-Free Low-Calorie

Ingredients

¼ cup tahini

¼ cup cold water plus 2 tablespoons, divided

¼ cup lemon juice

½ teaspoon minced garlic plus 2 sliced garlic cloves, divided

¼ teaspoon ground cumin

½ teaspoon kosher salt, divided

4 (4 ounce) chicken cutlets, trimmed

¼ teaspoon ground pepper

2 tablespoons extra-virgin olive oil, divided

½ large red onion, sliced

1 cup broccoli florets

1 cup green beans, trimmed and halved

4 cups thinly sliced kale

2 cups cooked brown rice

¼ cup chopped fresh cilantro

Directions

Step 1

Whisk tahini and 1/4 cup water in a small bowl until smooth. Add lemon juice, minced garlic, cumin and 1/4 teaspoon salt and whisk to combine. Set aside.

Step 2

Season chicken with the remaining 1/4 teaspoon salt and pepper. Heat 1 tablespoon oil in a large cast-iron skillet over medium heat. Add the chicken and cook until an instant-read thermometer registers 160 degrees F, 3 to 5 minutes per side. Transfer to a clean cutting board and tent with foil to keep warm.

Step 3

Wipe out the pan and add the remaining 1 tablespoon oil. Add onion and cook, stirring occasionally, for 2 minutes. Add sliced garlic and cook for 30 seconds, then add the broccoli and green beans. Cook, stirring occasionally, for 2 minutes. Stir in kale and add the remaining 2 tablespoons water. Cover and steam until the vegetables are tender-crisp, 1 to 2 minutes.

Step 4

Slice the chicken.

Step 5

To serve, divide rice and the vegetables among 4 bowls and top with the chicken. Drizzle with the reserved dressing and sprinkle with cilantro.

Tips

To make ahead: Refrigerate dressing (Step 1) for up to 3 days.

Originally appeared: EatingWell Magazine, May/June 2018

Nutrition Facts

Per serving: **Serving Size 3 oz. chicken, 1 cup vegetables, 1/2 cup rice & 2 Tbsp. dressing** 452 calories; total fat 18g; saturated fat 2g; cholesterol 65mg; sodium 361mg; total carbohydrate 42g; dietary fiber 5g; total sugars 3g; protein 35g; vitamin c 107mg; calcium 160mg; iron 4mg; potassium 320mg

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