

Chicken Hummus Bowl

Ingredients:

Protein

- ☐ 1 pound boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces

Pantry

- ☐ 3 tablespoons extra-virgin olive oil, divided
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon paprika
- ☐ 1/4 teaspoon cayenne pepper
- ☐ 1/4 teaspoon salt, divided
- ☐ 2 cloves garlic, finely chopped
- ☐ 2 tablespoons lemon juice
- ☐ 2 cups hummus

Produce

- ☐ 1 English cucumber, halved lengthwise and sliced
- ☐ 1 pint cherry tomatoes, halved
- ☐ 1/4 cup slivered red onion
- ☐ 1/4 cup chopped fresh parsley