

Green Veggie Bowl with Chicken and Lemon Tahini Dressing

Ingredients:

Produce:

- 1 cup green beans
- 1 small broccoli crown
- ½ large red onion, sliced
- 4 cups thinly sliced kale
- ¼ cup chopped fresh cilantro

Spices & Seasonings:

- ¼ teaspoon ground cumin
- ½ teaspoon kosher salt, divided
- ¼ teaspoon ground pepper

Oils & Vinegars:

- 2 tablespoons extra-virgin olive oil, divided

Dairy & Refrigerated:

- 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

Protein:

- 4 (4-ounce) chicken cutlets, trimmed

Grains:

- 2 cups cooked brown rice