Roasted Broccoli, Chicken & Barley Bowl

8 ingredients · 35 minutes · 2 servings

Directions

1. Preheat the oven to 400ºF (205ºC) and line a baking tray with parchment paper.

2. Coat the chicken with 1/2 of the oil and season with salt and pepper. Place in the oven and bake for 15 minutes. The chicken will not be cooked through.

3. Add the broccoli, bell pepper, and red onion to the tray. Season the vegetables with salt and pepper and toss with the remaining oil. Bake for about 15 minutes or until everything is cooked through.

4. Meanwhile, cook the barley according to package directions.

5. Divide the ingredients evenly between bowls and squeeze lime juice on top. Enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days.

Serving Size
One serving is equal to approximately two cups.

Gluten-Free
Use brown rice or quinoa instead of barley.

More Flavor
Add zucchini and/or corn.

Additional Toppings
Parsley, cilantro, salsa, and/or your favorite dressing.

Make it Vegan
Use tofu instead of the chicken.

No Lime
Use lemon instead.

Ingredients

198 grams Chicken Breast

15 milliliters Extra Virgin Olive Oil (divided)

Sea Salt & Black Pepper (to taste)

137 grams Broccoli (florets, chopped)

1/2 Orange Bell Pepper (medium, chopped)

53 grams Red Onion (cut into chunks)

150 grams Pearl Barley (uncooked, rinsed and drained)

1/2 Lime (juiced)

Nutrition

Amount per serving

Calories	491	Vitamin D	1IU
Fat	11g	Vitamin E	2mg
Carbs	69g	Vitamin K	75µg
Fiber	14g	Thiamine	0.3mg
Sugar	3g	Riboflavin	0.4mg
Protein	32g	Niacin	14mg
Cholesterol	72mg	Vitamin B6	1.2mg
Sodium	76mg	Folate	87µg
Potassium	906mg	Vitamin B12	0.2µg
Vitamin A	570IU	Phosphorous	442mg
Vitamin C	151mg	Magnesium	110mg
Calcium	72mg	Zinc	3mg