



Buffalo Chicken Dice Bowls



prep time
10 minutes



total time
3 hr, 10 min



servings
4

Ingredients

Buffalo Chicken

- 1.5 lbs/675 grams boneless, skinless chicken breasts ~ 19 protein servings
- ½ cup Hot sauce
- ¼ cup melted ghee, or butter ~ 4 fat servings
- 1 tsp paprika
- 1 tsp garlic powder
- ½ tsp salt

Ranch Dressing

- 1 cup plain non-fat Greek yogurt ~ 3 protein servings
- 1/3 cup unsweetened almond milk
- 1 tbsp fresh chopped dill
- 1 tsp dried chives
- 1 tsp garlic powder
- 1 tsp dried parsley
- ½ tsp onion powder
- 2 tsp lemon juice
- ½ tsp salt, + more to taste

Remaining Ingredients

- 1 cup brown or white rice, uncooked ~ 7 carb servings
- 1 cup diced cucumber ~ 1 veggie serving
- 1 cup matchstick carrots ~ 1 veggie serving or 1/4 carb serving
- ½ cup diced red onion ~ ½ veggie serving
- ½ cup Blue Cheese crumbles or feta, optional ~ 2 protein servings, 1 fat serving
- ¼ cup chopped green onions ~ ¼ veggie serving

simple entree

Instructions

- 1 Add the chicken breasts to the bottom of the Crock pot or Instant Pot. Mix together the hot sauce, melted ghee, and spices and add to pot. Use tongs to rotate the chicken pieces so they get coated in the sauce.
- 2 For crockpot cooking: Cook on low for 6-7 hours, or high for 2-3 hours. Shred and keep on warm until ready to serve. For Instant Pot: Make sure there is a layer of sauce on the bottom of the pot. Cook on Manual High Pressure for 13 minutes, then quick release. Shred the chicken using 2 forks, then add it back to the pot with the sauce and toss to combine. Keep on warm until ready to serve.
- 3 Cook the rice according to package/usual directions.
- 4 To make the ranch dressing: Combine all of the ingredients in a bowl and whisk well until combined. Store in the fridge until ready to serve.



- 5 Assemble your bowls: Portion out rice, shredded buffalo chicken, cucumbers, carrots, tomatoes, and red onion to a bowl. Drizzle with the ranch dressing and top with cheese and green onions. Enjoy!

Whole Recipe Breakdown:
24 Servings Protein
7 Servings Carb
5 Servings Fat
2 3/4 Servings Veggies

