



Wellnesssleuth **Recipes**

Enjoy your day with
delicious food

www.wellnesssleuth.com



CHICKEN CHIPOTLE BOWL SALAD

INGREDIENTS:

1 lb. organic chicken breast
1/2 cup cooked black beans
1/2 cup cooked brown rice
1/2 cup diced mozzarella cheese
1/2 medium red onion, roughly diced
1 red pepper
1 cup sweet corn
1/4 cup chopped fresh cilantro
1/4 cup prepared chipotle salsa
2 tablespoons extra-virgin olive oil
1 tablespoon freshly squeezed lime juice
1 teaspoon chili powder
salt and pepper to taste
1 teaspoon dried oregano

DIRECTIONS

- *Directions*
- *To start:*
- *start by Seasoning the chicken with chili powder, salt, and pepper.*
- *Cook the chicken breast in a lightly oiled skillet over medium-high heat.*
- *Cook until the chicken is golden brown and cooked through.*
- *Remove from the heat and let cool.*
- *Once cooled, chop into bite-sized pieces.*
- *Next,*
- *add the black beans, brown rice, chopped cilantro, oregano, onion, corn, cheese, and prepared chipotle salsa to a large bowl.*
- *Add the chicken pieces and mix well.*
- *Drizzle with olive oil and lime juice.*
- *Season with additional salt and pepper to taste.*
- *Serve immediately or refrigerate for later. Enjoy!*



**GRILLED
POLENTA
CROSTINI**

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. [Click here](#)



EGG ROLL BOWLS

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! [Click here](#)



**MIXED BERRY
SALAD WITH
RASPBERRY
VINAIGRETTE**

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. [Click here](#)