

RECIPE OF THE WEEK: PALEO EDITION

Chipotle Chicken Cauliflower Bake

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Ingredients:

2 skinless, boneless chicken breasts
6 strips of bacon (or turkey bacon)
1 large head of cauliflower
3 cloves of garlic
1 red bell pepper
1 cup green onions
1 cup cherry tomatoes
¼ bunch fresh cilantro
1 tsp chile powder
1 tsp chipotle powder
½ tsp ground cumin
salt, to taste
Olive oil for sautéing

Instructions:

1. Grill or broil chicken breasts and cook bacon in your preferred way. When done, cut chicken into bite-sized chunks and crumble bacon. Set aside
2. Cut cauliflower into florets. Steam over boiling water for about 12 minutes, until it florets are tender but not mushy. (Note: this is a good time to cook up your chicken and bacon if you haven't already.)
3. Preheat oven to 375 degrees F and then chop all remaining vegetables. Pull enough cilantro leaves off of stems to measure 3 tablespoons and set aside. (Reserve any remaining cilantro for another use.)
4. Heat frying pan to medium high heat. Add olive oil or bacon fat and red peppers. Sauté for 3 minutes. Add green onions and garlic and sauté for 2 minutes longer. Set aside.
5. Cut cauliflower into ¾ inch chunks and place in a large mixing bowl. Stir in chile powder, chipotle powder, cumin, and salt until well blended. Stir in red pepper mixture, chicken chunks, crumbled bacon, tomato pieces, and cilantro leaves.
6. Pour mixture into a lightly greased casserole dish. Bake for 20 minutes, or until heated through and the top is golden brown.

Compliments of maoomba.com and mobileskillet.com

