

## Make ahead Chicken and Rice Bowl

### Ingredients

- Chicken breast
- Salt
- Pepper
- Paprika
  
- ½ lb bacon
- 1 c celery, diced
- 1 c onion, diced
- 1 c bell pepper, diced
- ½ head garlic, minced
- 1 bunch parsley, chopped
- 2 c White rice (cooked)
  
- 4 c raw shredded carrots
- 8 oz (1 can) crushed pineapple
- ¾ c chopped dried cherries
- ¼ c mayonnaise
- 4 T sugar
- ½ t salt

+ homemade ranch:  
1/3 c sour cream, 1/3 c mayo, 1/3 c buttermilk  
2 T ea parsley + dill, 1 t each onion flakes + garlic

Season chicken with salt, pepper and paprika, letting marinate in the refrigerator for a minimum of 2 hours. Prepare grill for cooking at 375F. Grill chicken breasts until interior reaches 165F, about 10 minutes per side. Remove chicken from grill, let cool 5 min and cut into thin strips

Prepare the dirty rice. Cook bacon in a skillet until crispy. Remove bacon and chop finely. To the bacon grease in the skillet, sauté celery, onion, bell pepper until translucent. Add garlic and cook until garlic is fragrant. Add back chopped bacon. Season mixture with salt and pepper and stir well to combine.

Add sautéed veggie mixture and fresh chopped parsley to cooked white rice. Stir well to incorporate throughout rice.

Prepare the carrot salad. Combine all ingredients and mix well. Let salad marinate overnight for best flavor.