

Torn Chicken with Bok Choy and Miso Vinaigrette

- 4 cups cooked Jasmine rice, (2 cups dry rice)
- 3 Tbs olive oil, divided
- 3 small bok choy, halved lengthwise
- salt and pepper to taste
- 1/4 cup plus 2 Tbs miso vinaigrette (recipe below)
- 2 cups shredded rotisserie chicken, or baked chicken breast
- Basil for garnish

Preheat oven to 375 degrees. In a medium bowl, mix 1 cup cooked rice with 1 tablespoon olive oil. Spread on a large rimmed baking sheet. Bake for 15 to 20 minutes, until crisp.

Meanwhile, in a large skillet, heat remaining 2 tablespoons of olive oil over medium-high heat. Add the bok choy, cut side down, and season with salt and pepper. Cook until browned on the bottom, 2 to 3 minutes. Flip and cook until crisp-tender, about 2 to 3 minutes longer. Transfer to a plate.

In a bowl, toss the crispy rice with the remaining 3 cups of cooked rice and 1/4 cup of the vinaigrette. Transfer to shallow bowls and top with the bok choy and chicken. Spoon the remaining vinaigrette over the chicken and bok choy and garnish with basil. Enjoy!

MISO VINAIGRETTE

Ingredients:

- 3 Tbs red wine vinegar
- 1 minced garlic clove
- 1 tsp. Dijon mustard
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/2 Tbs white miso, optional
- 1/2 cup olive oil

Combine all ingredients in a jar and shake well.

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"You can preach a better sermon with your life than
with your lips." - Anonymous***