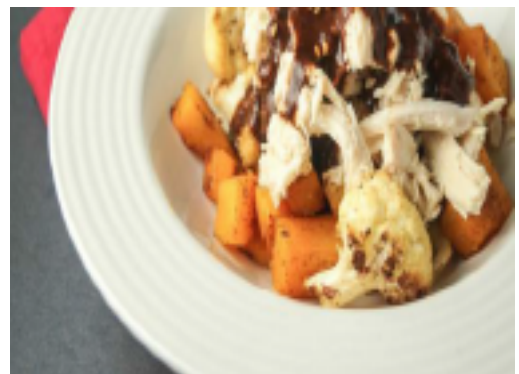




## Mole Bowl with Roasted Vegetables and Chicken

### Ingredients

- 1 cup cauliflower
- 1 cup butternut squash, cubed
- 1/2 tbsp unsweetened cocoa powder
- 1/2 tbsp smoked paprika
- 1/2 tbsp garlic powder
- 1/16 tsp. ancho chile powder \*(you can add a tsp of Chinelos Mole which already has ancho chile)
- 1/2 cup cooked boneless skinless chicken breast \*
- 3 tbsp ready to use Chinelos Mole Powder



### How to?

- Preheat the oven to 425 degrees
- Spray the cauliflower and butternut squash with cooking spray and toss with the cocoa, powder, paprika, garlic powder, and chile powder. Lay flat on a baking sheet and roast for 20 minutes or until tender. (you may want to toss **1tsp of the Chinelos Mole Mix** if you don't have all the above ingredients.)
- Add the 3 tbsp of the Mole Powder into ¾ cup of water, or chicken / vegetable stock, and dissolve properly at slow fire, broil a bit until all powder fully dissolved and flavor is good. For thickness of sauce you may add a bit of flour or corn starch
- Take your vegetables from the oven serve in a bowl,
- Top the roasted veggies with pulled chicken (if desired) and mole sauce hot.
- Sprinkle your dish with sesame seed .

SERVINGS: 1

#### Nutritional Facts

**Serving Size:** 2.5 cups

#### Amount Per Serving

|                               | Calories from Fat 58   |
|-------------------------------|------------------------|
|                               | <b>% Daily Value *</b> |
| <b>Calories</b> 268           |                        |
| <b>Total Fat</b> 5g           | 10%                    |
| Saturated Fat 2g              | 7%                     |
| <b>Monounsaturated Fat</b> 1g | 0%                     |
| <b>Polyunsaturated Fat</b> 0g | 0%                     |
| <b>Cholesterol</b> 59mg       | 20%                    |
| Sodium 256mg                  | 11%                    |
| <b>Total Carbohydrate</b> 33g | 12%                    |
| Dietary Fiber 8g              | 34%                    |
| Sugars 7g                     |                        |
| <b>Protein</b> 23g            |                        |

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

**Side Dish:** Steam White Rice, Tortilla for tacos (corn or flour)