



Chicken Fajita Bowl

This dish is easy to assemble, quick to cook, and can be customized to any flavor profile by adjusting the seasoning blend and vegetables.

<u>U.S.</u>		<u>Metric</u>
1 lb	Chicken Breast or Thigh, boneless, skinless	0.45kg
3 Tbsp	Salt-Free Taco Seasoning (see recipe)	27g
3/4 tsp	Kosher Salt	4.5g
1 Tbsp	Olive or Canola Oil	15mL
2 (16 oz) bag	Frozen Fajita Vegetable Mix (pepper & onion slices)	2 (400g) bag
1 (15 oz) can	Black Beans, no salt added, drained and rinsed	1 (425g) can
3 cups	Cilantro Lime Brown Rice, cooked (see recipe)	600g
Optional Toppings:		
1 each	Avocado, diced	1 each
1 each	Lime, cut into wedges	1 each
1/2 cup	Yogurt, Plain	120mL

Preparation:

1. Gather all ingredients and equipment.
2. Mix the salt-free taco seasoning and salt together in a small bowl.
3. Remove any excess fat or cartilage from the chicken, and cut the chicken into 1/4" strips. Place in a bowl.
4. Toss chicken with 1 Tbsp of the seasoning blend to coat evenly.
5. Heat the oil in a large saute pan, over medium high heat. Once hot, add the chicken strips. Once browned, flip the chicken.
6. Once the chicken is flipped, add the stir fry blend and the remaining taco seasoning blend. Toss occasionally to finish cooking chicken and to heat and soften vegetables, about 6-8 minutes.
7. Add the drained beans to the pan, and cook until hot, stirring often. Once hot, remove from heat.
8. Top each serving with optional toppings such as diced avocado, yogurt, or lime. Serve hot.

Nutrition Facts

6 Servings

Serving size 1 cup chicken fajita, 1/2 cup rice

Amount per serving

Calories 330

Calories from Fat 45

Total Fat 5 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated Fat 2.5 g

Cholesterol 50 mg

Sodium 410 mg

Total Carbohydrate 45 g

Dietary Fiber 9 g

Total Sugars 5 g

Includes 0g Added Sugars

Protein 24 g

Vitamin D 0 %

Calcium 6 %

Iron 4 %

Potassium 967 mg

Phosphorus 266 mg
