

SOUTHWEST CHICKEN BOWL

Prep Time: 5 minutes

Cook Time: 3 minutes

Included in Box:

- 1 c. brown rice, cooked
- 1 (14.5 oz) can low sodium diced tomatoes
- 1 (15 oz) can no salt black beans, drained and rinsed
- 1 (5 oz) can chicken, drained

Additional Ingredients Needed:

- 1 small onion (~½ c.), diced
- 1 T lime juice
- 1 tsp garlic powder
- ½ tsp garlic powder

Directions:

1. Combine cooked rice, black beans, chicken and onion in microwave safe bowl.
2. Cover and microwave for 2 minutes. Remove and stir. Return to microwave for additional 30-60 seconds, or until thoroughly heated.
3. Add tomatoes, lime juice and spices; stirring to combine.

Tip: Add bell peppers or corn for extra crunch, and top with avocado or cilantro for extra flavor!



Nutrition Facts*

Total Servings: 2
Serving Size: 2 c.
Calories: 436
Fat: 3 g
Sodium: 681 mg
Carbohydrates: 74 g
Fiber: 21 g
Protein: 32 g
Carbohydrate Servings: 5

**Nutrient facts include canned premium chunk chicken breast in water (drained), cooked medium grain brown rice, canned no salt added diced tomatoes, canned 50% less sodium black beans, small white onion, fresh lime juice, and spices.*