

Chicken Fajita Bowls

Servings: 4

Total Time: 25 minutes



Ingredients:

16 oz boneless, skinless, chicken breast, cut into strips
1 red bell pepper, cut into strips, remove seeds
2 white onion, one cut into strips, one diced
1 tbsp olive oil
1 tsp cumin
2 tsp chili powder
1 tsp garlic powder
1 tsp salt
1 tbsp. water

4 cups brown rice, cooked
2 large tomatoes, diced
1 jalapeno, diced and seeds removed
1 bunch cilantro, chopped
1.5 cups cooked black beans, drain and rinse if canned
8 cups romaine, shredded

Directions:

1. Heat oil in pan on medium-high. Add peppers and sliced onions, cook for 8 minutes.
2. Add chicken cook until brown. About 3 minutes.
3. Add spices and water to the pan and stir to coat the meat and vegetables, cook for 2-4 minutes on medium low heat.
4. Combine the tomatoes, diced jalapeno, cilantro, black beans, and diced onion in a bowl and stir to combine.
5. Divide the lettuce evenly into bowls, divide the rice, chicken and vegetables into the bowls. Top each bowl with the bean salsa mixture.

Nutrition Information Per Serving: 575 calories, 1g sat fat, 570mg sodium, 65g carbohydrates, 56g protein