

Chipotle Lime Chicken Burrito Bowl

Servings: 2

Total Time: 90 minutes

Ingredients:

For the Chicken:

1 boneless skinless chicken breast

1/2 Tbsp. extra virgin olive oil

1/2 cup cherry tomatoes, sliced in half

2 cups brown rice, cooked

Salt and pepper to taste

1/2 cp canned low sodium black beans, drained and rinsed

1 Tbsp. chiles in adobo

1 Tbsp. lime juice

1 Tbsp. cilantro, chopped

1 cup shredded lettuce

For the dressing:

1 Tbsp. chiles in adobo

1/2 Tbsp. cilantro, chopped

2 Tbsp. lime juice

1/3 cup fat free sour cream



Directions:

1. Marinate the chicken with the chiles, in adobo sauce and oil in a storage bag or container in the morning before work, or refrigerate for at least an hour.
2. After the chicken has been marinated, add the chicken along with the marinade to a large skillet over medium high heat. Sauté until fully cooked and both sides are caramelized, about 8 minutes.
3. Remove the chicken from the pan and transfer to a plate to cool for at least 2 minutes before cutting.
4. Cut each chicken breast into medium size cubes and set aside.
5. Fill each bowl with half of the brown rice; toss rice with lime juice and cilantro
6. Top each bowl with chipotle chicken, tomatoes, lettuce and black beans.
7. In a small bowl mix the dressing ingredients. Drizzle over burrito bowls or serve on the side.

Nutrition Information per Serving: 217 calories, 9.5g total fat, 2.1g saturated fat, 32g protein, 73g carbohydrate, 183mg sodium

Chef Notes: To find chiles in adobo, check our the cultural food aisle at your local grocery store.

Substitute plain Greek yogurt for the fat free sour cream in the dressing.

Storage Tips: This dish is best eaten freshly prepared. You can prep the rice and chicken ahead of time and refrigerate or freeze until ready to assemble bowls.