

ADOBO CHICKEN BOWL

Ingredients:

- 2 cups instant brown rice
- 2 limes, juiced
- 1/2 cup chopped fresh cilantro, divided
- 1 Tbsp olive oil
- 1 lb boneless, skinless chicken thighs, diced
- 2 Tbsp minced chipotle peppers in adobo sauce
- 1 large red bell pepper, diced
- 1 cup grape tomatoes, halved
- 1 (15 oz) can no-salt-added black beans, drained & rinsed
- 1 cup frozen corn
- 1 cup plain non-fat Greek yogurt

Preparation:

1. Prepare rice according to package directions. Add lime juice & 1/4 cup cilantro. Fluff with fork & set aside.
2. In a large skillet, heat oil over medium-high. Add chicken & peppers. Sauté 5-7 minutes or until chicken is cooked through.
3. Stir in tomatoes, beans & corn. Cook 3-4 minutes or until warm.
4. Serve over rice. Top with yogurt & remaining cilantro.

25 Min | Serves 8

Nutrition Facts	
8 servings per recipe	
Serving size	(240g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 542mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.

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