

ROASTED POBLANO CHICKEN

Ingredients:

- 1 cup instant white rice
- 2 limes, juiced & divided
- 1/2 cup chopped fresh cilantro, divided
- 1 cup whole-wheat flour
- 1 1/2 tsp garlic powder
- 1/2 tsp chipotle powder
- 1/2 tsp black pepper
- 1 1/2 lbs boneless, skinless chicken breasts, sliced
- Non-stick cooking spray
- 2 poblano peppers, diced
- 1 (12 oz) bag frozen corn
- 3 small green onions, sliced

45 Min | Serves 6

Nutrition Facts	
6 servings per recipe	
Serving size	(279g)
Amount per serving	340 Calories
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 60mg	3%
Total Carbohydrate 45g	16%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 3mg	15%
Potassium 733mg	15%

* 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.

Preparation:

1. Preheat oven to 400°F. Prepare rice according to package directions. Add juice of 1 lime & 1/4 cup cilantro. Mix well & set aside.
2. In a medium bowl, whisk together flour, garlic powder, chipotle powder & pepper. Generously coat chicken in flour mixture.
3. Lightly coat baking sheet with cooking spray. Add chicken, peppers & corn to sheet. Roast 15 minutes per side until chicken is golden brown & fully cooked.
4. Top with onions, remaining lime juice & cilantro. Serve over rice.

Are calories & sodium close to a match?



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





POBLANO PEPPERS

In Season

June - October



How to Select

Choose dark-green colored peppers that are heavy for their size with firm, shiny & wrinkle-free skin. Avoid peppers that are dull or pitted.

How to Store

Refrigerate peppers in a plastic bag up to 5 days or freeze in a freezer-safe bag up to 6 months. Avoid washing until ready to eat.

Helpful Tip

Try substituting poblano peppers for bell peppers in any recipe for a change in flavor.



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