



Chicken Fajita Bowl

This dish is easy to assemble, quick to cook and can be customized to any flavor profile by adjusting the seasoning blend and vegetables. Optional toppings include avocado, cilantro, yogurt and lime.

U.S.		Metric
1 lb	Chicken Breast or Thigh, boneless, skinless	0.45kg
3 Tbsp	Salt-Free Taco Seasoning (see recipe)	27g
3/4 tsp	Kosher Salt	4.5g
2 tsp	Olive or Canola Oil	10mL
1 (14 oz) bag	Frozen Stir-Fry Blend	1 (400g) bag
1 (15 oz) can	Beans, No Salt Added, rinsed and drained (black, kidney, etc.)	1 (425g) can
3 cups	Brown rice, cooked	600g

Preparation:

1. Gather all ingredients and equipment.
2. Mix the salt-free taco seasoning and salt together in a small bowl.
3. Remove any excess fat or cartilage from the chicken, and cut the chicken into strips. Place in a bowl.
4. Toss chicken with 1 Tbsp of the seasoning blend to coat evenly.
5. Heat the oil in a saute pan, over medium high heat. Once hot, add the chicken strips. Once browned, flip the chicken.
6. Once the chicken is flipped, add the stir fry blend and the remaining taco seasoning blend. Toss occasionally to finish cooking chicken and to heat and soften vegetables, about 4 minutes.
7. Add the drained beans to the pan, and cook until hot, stirring often. Once hot, remove from heat.
8. Divide the rice into 4 bowls and divide the fajita blend over the top. Top with optional toppings such as cilantro, avocado, yogurt, or lime.

Nutrition Facts

4 Servings

Serving size **1/4 of recipe**

Amount per serving

Calories **420**

Calories from Fat 60

Total Fat 7 g

 Saturated Fat 1 g

 Trans Fat 0 g

 Monounsaturated 3 g

Fat

Cholesterol 75 mg

Sodium 520 mg

Total Carbohydrate 54 g

 Dietary Fiber 10 g

 Total Sugars 5 g

 Includes 0g Added Sugars

Protein 34 g

Vitamin D 0 %

Calcium 4 %

Iron 6 %

Potassium 1020 mg

Phosphorus 360 mg
