

Build Your Own Chicken Fajita Bowl

This dish is easy to assemble, quick to cook, and can be customized easily by adding your favorite toppings.

YIELD 6 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

2 tsp	Olive or Canola Oil
1 medium	Onion, medium 1" long strips
1 medium	Bell Pepper, medium 1" long strips
1 lb	Chicken Breast or Thigh, boneless, skinless, cut into strips
1 (15 oz) can	Black Beans, low sodium, drained and rinsed
2 Tbsp	Salt-Free Taco Seasoning (see separate recipe)
¼ tsp	Kosher Salt
3 cups	Cilantro Lime Brown Rice, cooked (see recipe)

Toppings (see chef's notes for preparation tips):

1 each	Avocado
1 each	Lime
1 each	Jalapeño
1 each	Globe Tomato
6 oz	Yogurt, plain, low-fat (about 1 cup)
2 Tbsp	Cilantro, chopped
⅛ tsp	Kosher Salt

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a large sauté pan, heat the oil over medium heat. Once the oil is hot, add the onions and sauté until translucent and beginning to brown, about 3-4 minutes.
3. Once the onions are browning, add the red bell pepper until they release most of their water and brown, about 3-4 minutes.
4. Once the peppers are soft, push the vegetables to the edges of the pan, leaving the center of the pan open. Add the chicken strips to the center of the pan. Leave the chicken until browning is visible along the edges, about 2 minutes. Once browned, flip the chicken and cook the other side. No pink should be visible and the internal temperature should reach 165 °F.

CHEF'S NOTES

Make this bowl your own by using the toppings how you like them best. Here are some ideas:

- Mash the avocado and mix with the yogurt, lime juice, and salt for a tangy crema
- Dice the tomato and jalapeno; mix with lime juice, cilantro, and salt
- Dice the avocado, tomato, and jalapeño; mix with lime juice, cilantro, and salt for a fresh guacamole
- Dice and chop everything to your liking and add to your bowl in any combination you like!

5. Meanwhile, cut and assemble toppings to your liking (see chef's notes).
6. Once the chicken is cooked through, add in the drained black beans, taco seasoning, and salt. Turn off the heat but leave the pan on the stovetop. Add water, if needed, one tablespoon at a time while mixing all of the ingredients together until well coated. Leave the pan on the stovetop to allow the residual heat to warm everything though.
7. Assemble your bowl with 1/2 cup of rice, 1 cup of the chicken fajita mixture, and about 1/3 cup toppings of your choice.

Made with Chicken Breast:

Nutrition Facts	
6 servings per container	
Serving 1 cup chicken fajita, 1/2 cup rice,	
Size 1/3 cup topping (468 g)	
Amount per serving	
Calories	440
% Daily Value *	
Total Fat 15g	19%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 290mg	13%
Total Carbohydrate 48g	18%
Dietary Fiber 12g	44%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 29g	58%
Vitamin D 0mcg	0%
Calcium 90mg	7%
Iron 3mg	14%
Potassium 1000mg	21%
<small>*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.</small>	

Made with Chicken Thigh:

Nutrition Facts	
6 servings per container	
Serving 1 cup chicken fajita, 1/2 cup rice,	
Size 1/3 cup topping (468 g)	
Amount per serving	
Calories	440
% Daily Value *	
Total Fat 16g	20%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 70mg	24%
Sodium 330mg	14%
Total Carbohydrate 48g	18%
Dietary Fiber 12g	44%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 27g	53%
Vitamin D 0.02mcg	0%
Calcium 60mg	5%
Iron 3mg	18%
Potassium 900mg	19%
<small>*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.</small>	

Recipe adapted from *Health meets Food*: "Chicken Fajita Bowls" (1/18/19)



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