



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

CHICKEN BURRITO BOWLS

1 pound boneless, skinless chicken breasts
or tenders

2 tablespoons taco seasoning

3 tablespoons flour

½ tablespoons olive or avocado oil

2 large bell peppers, cut into strips

For the Dressing:

2 tablespoons olive oil

3 tablespoons freshly squeezed lime juice
(about 1 lime)

1 tablespoon chopped cilantro

1 clove garlic, minced

½ teaspoon maple syrup

¼ teaspoon ground cumin

½ teaspoon salt

¼ teaspoon black pepper

For the Burrito Bowls:

5 cups romaine lettuce, washed and dried

3 cups Cooked Rice

1 can corn, drained and rinsed

1 can black beans, drained and rinsed

½ red onion, chopped

1 avocado, peeled, seeded and sliced

Optional toppings: guacamole, pico de
gallo, sour cream, salsa, fresh cilantro

1. Salt and pepper the chicken pieces. In a bowl, stir together the taco seasoning and flour. Generously dredge each piece of chicken in the mixture.
2. Warm a large, non-stick skillet with oil to medium-high heat. Once the oil is heated, add the chicken in a single layer in the skillet. Cook for 3 minutes on one side and then flip to the other side and cook for another 4-6 minutes or until chicken is cooked through. Set aside to let cool.

3. Add the peppers to the same heated skillet (no need to wash skillet and drizzle with a little extra oil only if needed) and cook until soft and slightly charred. Season with salt and pepper.
4. **For the Dressing:** In a small bowl, large glass measuring cup or jar, add dressing ingredients and whisk to combine.

Assembly:

5. Chop or slice the cooked and cooled chicken.
6. Coarsely chop the lettuce into small pieces.
7. Place lettuce on the bottom of 4 bowls. Divide the rice, chicken, peppers, corn, black beans, onion, and avocado evenly among the bowls.
8. Top each bowl with toppings of your choice and, if using, drizzle dressing evenly over the bowls.

Notes:

Leftovers: Burrito bowls can last about 5 days in the refrigerator. The cooked ingredients can be stored together (chicken, rice, bell peppers). This will allow you to conveniently reheat them in the microwave all together. I suggest storing the chilled components in separate containers (lettuce, beans, corn, onion), so they will stay as fresh as possible.

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