

EASY CHICKEN TACO BOWL

Serves 4

Ingredients

- 1 packet of reduced-sodium **taco seasoning**, or try our homemade taco seasoning
- 1/4 cup **lime juice** or water
- 1 tablespoon **olive oil**
- 1 pound uncooked **chicken breasts**, cut into 1-inch cubes
- 1 medium **onion**, sliced into strips
- 1 **bell pepper** (color of choice), sliced into strips
- 1 can (14 ounces) of **black beans**, drained and rinsed
- 3/4 cup of your favorite **salsa**
- 2 cups cooked **brown rice**
- 4 cups **mixed lettuce** greens
- **Optional toppings:** avocado, cheese, jalapeños, tomatoes,* salsa, corn, plain Greek yogurt

**If serving children younger than 4 years of age, cut grape or cherry tomatoes in quarters to reduce choking risk.*

Nutrition Facts*

1 serving, optional toppings not included

Calories: 420

Protein: 34 grams

Total Carbohydrates: 54 grams

Dietary Fiber: 10 grams

Total Fat: 8 grams

**Nutrition facts are an estimate and vary based on serving size.*



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Directions

- 1 Preheat oven to 350°F.
- 2 In a large bowl, whisk together taco seasoning, lime juice or water, and olive oil. Add chicken, onions and peppers. Stir until coated.
- 3 Arrange seasoned chicken, onions and peppers on a baking sheet lined with parchment paper. Bake for 20 minutes or until the chicken reaches an internal temperature of 165°F.
- 4 In a separate bowl, combine the black beans and salsa. Heat in the microwave** for 30-second intervals, stirring in between, until warm.
- 5 Remove chicken, onions and peppers from the oven.
- 6 Build your taco bowl: 1/2 cup warmed rice, 1/2 cup warmed bean mixture, 1/2 cup chicken mixture, 1 cup lettuce greens and any additional toppings of choice.

***You can also warm the black beans and salsa on the stovetop in a sauce pan. Add 1/2 to 3/4 cup water to account for evaporation.*



Try making our homemade taco seasoning instead of using a packet. **Scan or click the QR code for the recipe.**