

Chicken Burrito Bowls

INGREDIENTS:

- 2–3 boneless skinless chicken breasts
- 3 bell peppers, any color, sliced
- 1 large onion, sliced
- 2 tablespoons olive oil
- 1 tablespoon taco seasoning
- Salt and pepper
- 1 jar salsa
- 3 cups cooked brown rice, divided
- 1 can black beans, drained and rinsed
- 1 can corn
- 1 cup shredded cheddar cheese
- 1 lime, sliced into wedges
- Fresh cilantro to garnish



PREPARATION:

1. Preheat oven to 400°F/200°C. Line a baking sheet with foil.
2. Place the chicken, peppers, and onions on the baking sheet and drizzle with oil.
3. Sprinkle the taco seasoning evenly over both sides of the chicken breasts.
4. Salt and pepper the peppers and onions, tossing to coat.
5. Top each chicken breast with a generous pour of salsa.
6. Bake in a preheated oven for 25 minutes or until done.
7. Rest chicken for 10 minutes, before slicing into strips.
8. Add a base of brown rice to each plate (if eating immediately) or 4 food storage containers. Top each with a scoop of black beans, corn, additional salsa, cheddar cheese, cooked peppers and onions, and sliced chicken. Garnish with fresh cilantro and a lime wedge.
9. Leftovers can be kept refrigerated for up to 4 days.

Serves 4-6...