



Chicken Burrito Bowls

Need some lunch inspiration? These chicken burrito bowls are so easy to prepare on the weekend and to take as lunch to work. Packed with protein and fibre, they will help you avoid the midday energy crash. They also freeze well so you have some healthy, easy dinners on hand. Experiment with some extra veggies and toppings.

Prep: 10 minutes • Total: 35 minutes

Ingredients:

Chicken breasts, boneless, skinless	3 each	3 each
Bell peppers, sliced	3 each	3 each
Red onion, large, sliced	1 each	1 each
Olive oil	2 Tbsp	30 mL
Taco seasoning	1 Tbsp	15 mL
Salt	½ tsp	7 mL
Pepper	½ tsp	7 mL
Salsa	1 jar	1 jar
Brown rice, cooked	3 cups	750 mL
Black beans, drained & rinsed	1 can	1 can
Corn	1 can	1 can
Cheddar cheese, shredded	1 cup	250 mL
Lime, wedged	1 each	1 each
Cilantro, fresh	½ cup	125 mL

Directions:

1. Preheat oven to 400°F/200°C.
2. Line a baking sheet with foil.
3. Place the chicken, peppers, and onions onto the baking sheet and drizzle with oil.
4. Sprinkle the taco seasoning evenly over both sides of the chicken breasts.
5. Salt and pepper the peppers and onions, tossing to coat.
6. Top each chicken breast with a generous pour of salsa.
7. Bake in a preheated oven for 25 minutes.
8. Rest chicken for 10 minutes, before slicing into strips.
9. Add a base of brown rice to 6 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.
10. Store in the refrigerator (and enjoy any extras immediately). Can be kept refrigerated for up to 4 days.
11. Meal-prep FTW! Enjoy!

Nutrition Facts

Serving Size (516g)	
Servings Per Container	
Amount Per Serving	
Calories 520	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 1270mg	53%
Total Carbohydrate 53g	18%
Dietary Fiber 10g	40%
Sugars 7g	
Protein 46g	
Vitamin A 2%	• Vitamin C 120%
Calcium 20%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Adapted from: Scott Loitsch / BuzzFeed Tasty

Makes 6 servings (516 g / serving) • 1 serving = ~ 1.5 cups

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