NOURISHING YOU - Chicken Taco Poblano Rice Bowls

*Recipe by Leana Coffey*

Gluten-free

*Prep Time: 10 min. | Cook Time: 15 min. | Total Time: 25 min.*

Serves 4

Here is an easy and healthy dinner recipe that you can have on your table in less than 30 minutes. Meal prep this recipe by storing it as individual servings that are ready for reheating at meal time. This recipe is versatile and can be made with steak or ground meat; or you can add black beans for more protein and fiber; substitute cauliflower rice instead of brown rice for less carbs; or add avocado or guacamole for additional healthy fat. The original recipe calls for 3 cups of cooked brown rice, which I lowered to 2 cups. Splitting it four ways gives you a ½ cup of rice in each serving and lowers the calories and carbs from the original nutrition information.

**Ingredients**

- 1 1/4 pounds boneless skinless chicken breasts, cut into 1/2 inch cubes
- 2 teaspoons olive oil
1 medium red onion, peeled and diced
1/4 cup cilantro, minced, plus more for garnish
1 poblano pepper, seeded and diced, optional
2 Roma tomatoes, cored and diced
1 lime, halved
taco seasoning, see below
kosher salt
1 cup frozen or fresh corn kernels
2 cups cooked brown rice, heated (use cauliflower rice for low-carb)
1/4 cup cheddar-jack cheese
1/4 cup 2% sour cream or Greek yogurt, optional

**Taco seasoning:**

- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon kosher salt
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon oregano

**Instructions**

1. Dice the chicken into small pieces. Combine taco seasoning in a small bowl and set aside.
2. To make the Pico de Gallo, set 3 tablespoons of the diced onion aside and place it in a bowl with tomato, cilantro, 2 teaspoons of lime juice and 1/4 teaspoon of salt. Set aside.
3. Add oil to a large skillet over medium-high heat. When hot, add the chicken and cook until it starts to brown, 2 to 3 minutes.
4. Add the remaining onion, poblano pepper and taco seasoning to the skillet and cook until it softens, 2 to 3 minutes. Add a 1/2 cup of water and corn. Cook 1-2 minutes then remove from heat.
5. Divide rice into four bowls, top with chicken, cheese, Pico de Gallo and optional sour cream.

Nutrition Information: (serving size) Calories 340 | Carbs 28g | Fat 9g | Protein 38g