

Eat Smart • Move More

Chicken Burrito Bowls

Prep Time: 15 minutes

Total Time: 25 minutes



Ingredients

- 1 cup brown rice
- Nonstick cooking spray
- 1 ¼ cup frozen corn, thawed
- 1 cup cooked boneless skinless chicken thighs, chopped
- 1 cup lettuce, shredded
- 1 tomato, chopped
- 4 ounces reduced-fat cheddar cheese, shredded

Directions

- Prepare rice according to package directions.
- While the rice is cooking, spray a skillet with nonstick cooking spray. Add corn and chicken to the skillet and cook over medium-high heat until mixture is hot, stirring often.
- Divide rice and chicken mixture evenly into serving bowls.
- Top each bowl with lettuce, tomato, and cheese.

Nutrition Facts

6 servings per container
Serving size **1 serving**
(129.03g)

Amount per serving
Calories **130**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 290mg **13%**

Total Carbohydrate 10g **4%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes g of Added Sugars

Protein 12g

Vitamin D 0mcg **0%**

Calcium 118mg **10%**

Iron 1mg **4%**

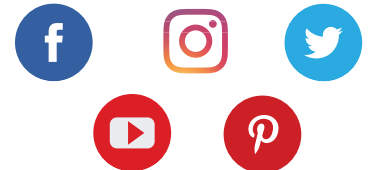
Potassium 189mg **4%**

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Buying a whole chicken is cheaper than buying breasts or thighs. Use leftovers to make this dish.
- ▶ Always wash produce before cutting.
- ▶ Try this recipe with black beans in place of chicken.

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(Recipe adapted from: <https://www.whatscooking.fns.usda.gov/>)

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