Burrito Bowl

Ingredients (makes 4 servings):

- 1 cup rice, rinsed
- 2 cups of water
- 4 skinless, boneless chicken breasts
- 2 teaspoons garlic powder, or to taste
- 1 teaspoon ground black pepper or to taste
- 1 (15.25 ounce) can white corn kernels, drained and rinsed
- 1 (15 ounce) can black beans, drained and rinsed
- ¾ cup chopped lettuce
- ½ cup shredded Monterey Jack cheese
- 1/2 (8-ounce) jar salsa

Directions:

1. **In a large pan, place 1 cup of rice with 2 cups of water. Bring to a boil over high heat. Reduce to a simmer for 20 minutes. When the rice has absorbed the liquid, turn off the heat and fluff with a fork.**
2. **Preheat the air fryer or oven to 400 degrees.**
3. **Season chicken breasts with garlic powder, salt, and black pepper.**
4. **Place the chicken in non-stick bakeware or the air fryer basket. Cook chicken in the preheated oven or air fryer until no longer pink in the center and cooked through. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).**
5. **Cut chicken into strips or bite-sized pieces.**
6. **Rinse corn and black beans to reduce the sodium. Cook separately. You may warm them in a pan or microwave.**
7. **To make the bowls, layer cooked rice, corn, black beans, and chicken on two serving plates. Top with lettuce, Monterey Jack cheese, and salsa.**

Cooking Tips:

1. Use low-fat cheese or less cheese. Cheeses such as sharp cheddar or jalapeno jack provide more flavor, so you may use less.
2. Layered bowls are a great way to use leftovers.

Nutrition Tip:

1. Use non-stick bakeware to reduce the fat.
2. Remove the skin from chicken to reduce the fat.

Substitution:

1. Use pinto beans instead of black beans.

Nutrition Facts

Servings: 1 Calories: 467 Sodium: 833mg Fat: 9.5g
Saturated Fat: 3.3g Protein: 50g Sugar: 3g Carbs: 43g

West Alabama FOOD BANK

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