

# Southwest Chicken Rice Bowls

## Ingredients:

- 36 ounces chicken breasts, boneless and skinless
- 1 jar (24 ounces) green salsa
- 1 can (22 1/2 ounces) low-sodium black beans, rinsed and drained
- 1 can (22 1/2 ounces) low-sodium whole kernel corn, drained
- 6 cups brown rice, cooked
- Avocado, diced

## Directions

1. Heat 12-inch skillet over medium-high heat and add chicken breasts, salsa, beans, and corn. Bring to simmer, reduce heat to medium, and cover. Simmer for 30 – 40 minutes, until chicken is cooked through.
2. Remove chicken breasts to rest on cutting board and shred meat with two forks. Return chicken to bean mixture; stir to combine. Turn off heat and serve chicken over rice. Top chicken with avocado.

## Nutrition Facts

Serving Size 1 cup (184g)  
Servings Per Container 6

Amount Per Serving

**Calories 180**      Calories from Fat 15

**% Daily Value\***

**Total Fat 1.5g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 15mg**      **5%**

**Sodium 300mg**      **13%**

**Total Carbohydrate 32g**      **11%**

Dietary Fiber 6g      **24%**

Sugars 2g

**Protein 10g**

Vitamin A 0%      • Vitamin C 2%

Calcium 2%      • Iron 8%

\*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

