



Easy Cajun Chicken Rice and Bean Bowl



4-6 Servings



45 Minutes

INGREDIENTS

- 1 Chicken Breast
- Cajun Spices:
 - 1 Tbsp Garlic Powder
 - 2 Tbsp Paprika
 - 1 Tbsp Onion Powder
 - 2 tsp Black Pepper
 - 2 tsp Cayenne Pepper
 - 2 tsp Dried Thyme
 - 2 tsp Dried Oregano
- 1 Tbsp + 1 tsp olive oil
- 1 Ripe Avocado
- 1 Fresh Lime
- ½ Cup Non-Fat Plain Greek Yogurt
- 2 Cans Black Beans
- 1 Cup Brown Rice
- 2 ½ Cups Low Sodium Chicken Stock
- 1 Tbsp Olive Oil
- 1 ½ Cups Frozen Corn
- 2 Fresh Roma Tomatoes
- 1 Onion
- 1 tsp Cumin

Nutrition Information Per Serving:

Calories: 487, Protein: 23 grams,
Carbohydrates: 69 grams, Sugar: 5 grams,
Added Sugars: 0 grams, Total Fat: 17 grams,
Saturated Fat: 3 grams, Cholesterol: 29 mg,
Sodium: 201 mg, Fiber: 16 grams

DIRECTIONS

1. Blend the Cajun spices together.
2. Coat chicken breast with Cajun spice and set aside (butterfly chicken if desired).
3. Chop the onions and tomatoes and set aside in separate bowls.
4. Drain the black beans from the can in a strainer and rinse thoroughly.
5. Heat the first tablespoon of olive oil in sauté pan and once heated add the chicken to the pan, cook for about 3-4 minutes on each side until it fully cooked and reaches an internal temperature of 165°.
6. Once the chicken is cooked set aside while cooking the remaining ingredients.
7. In the sauté pan, heat the other tablespoon of olive oil. Once the pan is hot, add the frozen corn and cook on medium heat until it is lightly browned (about 5 minutes). Once finished remove from pan and set aside.
8. Heat the remaining 1 tsp of olive oil in the pan and sauté the onions with the cumin until they are softened (about 5 minutes).
9. Add in the rice, beans, and broth and bring to a simmer. Cover, the pan and reduce low heat. Cook until the liquid is absorbed (~10-15 minutes)
10. While the rice is cooking, dice the chicken into medium sized cubes.
11. Take the avocado and slice it down the middle. Separate the two sides of the avocado and scoop out the insides with a spoon. Slice the avocado into pieces.
12. Build your bowl by placing a spoonful of rice at the base, top with the chicken, beans, avocado slices, roasted corn, diced tomatoes, non-fat Greek yogurt, and freshly squeezed lime.
13. Serve an enjoy!