Recipe Idea: Build-Your-Own Chicken and Rice Bowl

INGREDIENTS
Base:
- 1 C dry white or brown rice*

Protein: pick one
- 2 - 10-12 oz can/pouch of cooked chicken*
- 1 C dried, or canned, beans

Other Toppings: add as many as you like!
- 1/2 of a 15 oz can of corn*
- 1 C fresh tomatoes* or 1/2 of a 14.5 oz can diced tomatoes
- 1 avocado*

Serves 4
Allergens: check individual ingredient labels
Nutrition Facts based on * ingredients. Nutrition will vary based on ingredients used.

DIRECTIONS
1. Prepare rice according to package instructions.
2. Drain canned corn, and canned beans (if using), and dice avocado.
3. If using dried beans, rinse beans, place in a pot, cover with water, and soak overnight. Drain the beans. In a pot, combine the beans with 1.5 C of water and bring to a boil. Reduce the heat, cover the pot, and simmer for 1.5 to 2 hours.
4. Dice fresh tomatoes or open can of diced tomatoes.
5. Open and drain chicken or open, drain, and rinse canned beans.
6. Divide rice evenly among four dishes.
7. Divide protein evenly among four dishes and place on top of rice.
8. Top each dish with any other toppings of choice.

Nutrition Facts
Serving size 1 Bowl (325g)
Amount Per Serving Calories 540

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>19g</td>
<td>24%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>4g</td>
<td>20%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>70mg</td>
<td>23%</td>
</tr>
<tr>
<td>Sodium</td>
<td>810mg</td>
<td>35%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
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<td>19%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
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<td>21%</td>
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<tr>
<td>Total Sugars</td>
<td>4g</td>
<td>0%</td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
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<td></td>
</tr>
<tr>
<td>Protein</td>
<td>42g</td>
<td>84%</td>
</tr>
</tbody>
</table>

Not a significant source of vitamin D, calcium, iron, and potassium

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

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