

## 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.
3. Dice fresh tomatoes or open can of diced tomatoes.
4. Open and drain chicken or open, drain, and rinse canned beans.
5. Divide rice evenly among four dishes.
6. Divide protein evenly among four dishes and place on top of rice.
7. Top each dish with any other toppings of choice.

## Nutrition Facts

Serving size	1 Bowl (325g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>540</b>
% Daily Value*	
<b>Total Fat</b> 19g	<b>24%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 810mg	<b>35%</b>
<b>Total Carbohydrate</b> 52g	<b>19%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 42g	<b>84%</b>
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.	