

## Easy Chicken Fajita Bowls

### Cooking Instructions

1. Preheat oven to 350 degrees
2. Place 1 cup brown rice with 2 cups water in a pan and boil covered until soft (about 40 minutes)
3. Mix olive oil, juice of 1 lime, and all the spices including salt and pepper in a bowl. Roughly chop onions and bell pepper and add to oil and spice mixture. Cut chicken into 1 inch cubes and add to bowl. Allow vegetables and chicken to marinate about 10 minutes.
4. Spread chicken and vegetables on a baking sheet and bake for 15 minutes or until chicken is done.
5. When rice is cooked through, place a serving in a bowl. Slice remaining lime.
6. Add a few spoonfuls of black beans to the rice. Top with chicken, vegetables, cilantro, salsa, and a slice of lime.
7. Serves 4-6.

### Recipe

- 2 tablespoons olive oil
- 1 red onion
- 3 bell peppers any color
- 2 limes
- 2 cups cooked brown rice
- 1 can black beans rinsed and drained
- 2 chicken breasts
- 2 tablespoons chili powder
- 1 tablespoon cumin
- ½ teaspoon cayenne pepper
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- 1 teaspoon black pepper
- ½ teaspoon salt
- Cilantro
- Salsa
- Optional Toppings –sour cream/plain yogurt, hot sauce, diced avocado, cheese, or diced green onions

### Grocery List – Add optional ingredients as desired

#### Produce

- 1 red onion
- 3 bell peppers
- 2 limes
- Cilantro
- Avocado (optional)

#### Meat

- 2 chicken breasts

#### Dairy

- Sour cream or yogurt (optional)

#### Canned Goods

- 1 15 oz can black beans
- 1 cup brown rice
- Salsa (or make your own!)

#### Spices

- salt
- pepper
- chili powder
- cumin
- cayenne pepper
- garlic powder
- oregano