



# Lunch Recipes

## Mexican Fiesta Bowl

### Ingredients:

- 1 cup cooked brown rice
- Zest and juice of 1 lime
- 1 cup black beans, drained and rinsed
- 9 ounces grilled chicken (chopped)
- 2 cups freshly chopped peppers
- ½ cup freshly chopped onion
- 2-3 cloves of fresh garlic
- 1 tbsp olive oil

### Topping (per serving):

- 1/3 avocado
- 2-3 tbsp salsa
- 1 tbsp freshly chopped cilantro



### Directions:

1. Sauté peppers, onion, and garlic in olive oil
2. Combine sautéed veggies with rice, lime, black beans and chicken.
3. Divide mixture into 3 servings. Save 2 servings for another day...food prep!
4. Top your serving with avocado, salsa, and cilantro

Makes 5 servings.

### Nutrition Information:

**1 serving with topping: 560 calories, 35 grams protein, 102 grams carbs,  
11 grams fat**

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