

Chicken Fajita Lunch Bowls

Make these bright and flavorful lunch bowls and have them ready for the work week. They are meant to be served cold as a salad, but feel free to have them warmed up.

Ingredients:

Chicken

- 2 chicken breasts
- 1 tbsp. olive oil
- Salt and pepper for taste

Salad

- $\frac{3}{4}$ cup basmati rice (uncooked)
- 2 bell peppers, sliced into strips
- 2 tbsp. red onion, diced
- 1 cup corn kernels

Vinaigrette

- 1 tsp. chili powder, $\frac{1}{2}$ tsp. paprika and $\frac{1}{2}$ tsp. ground cumin
- 1 tsp. sugar
- 1 tsp. lime juice
- $\frac{1}{4}$ tsp. salt
- 3 tbsp. olive oil
- 4 tbsp. white wine vinegar

Prep Time: 15 mins **Cook Time:** 30 mins **Total time:** 45 mins

Directions:

1. Pre-heat oven to 425 °F.
2. Place the chicken breasts in a small baking dish, sprinkle with salt and pepper, and drizzle with olive oil. Turn to coat.
3. Bake for 10 minutes, turn the chicken, then bake for another 10-15 minutes, until cooked through.
4. Cook the rice according to package directions. Allow to cool.
5. In a large bowl, combine the rice, bell peppers, red onion and corn.
6. Shake together the vinaigrette and add to the bowl. Toss to coat everything completely.
7. Divide amongst 4 lunch containers, topping with the chicken.

Nutrition Information per serving:

Calories: 479

Fat: 19 g

Saturated fat: 2 g

Carbohydrates: 41 g

Sugar: 5 g

Sodium: 180 mg

Fiber: 2 g

Protein: 30 g

Cholesterol: 0 mg

Source: <http://sweetpeasandsaffron.com/2016/04/chicken-fajita-lunch-bowls.html>