

Easy Chicken Fajita Bowls

Instructions

1. Preheat the oven to 350 degrees.
2. Add 1 cup of brown rice and 2 cups of water to a pan and boil while covered until soft (about 40 minutes).
3. Mix the olive oil, juice of 1 lime, and all of the spices, including salt and pepper, in a bowl. Roughly chop the red onion and bell peppers and add them to the oil and spice mixture. Cut the chicken into 1" cubes and add them to the bowl. Let marinate for about 10 minutes.
4. Spread the chicken and vegetables on a baking sheet and bake for 15 minutes, or until the chicken is fully cooked.
5. To assemble, add a serving of brown rice to a bowl, then add a few spoonfuls of black beans. Top with the chicken, vegetables, cilantro, salsa, and a slice of lime. Serves 4-6.

Ingredients

- 1 cup of brown rice
- 2 tbsp olive oil
- 2 limes
- 2 tbsp chili powder
- 1 tbsp cumin
- ½ tsp cayenne pepper
- 1 tsp garlic powder
- 1 tsp oregano
- 1 tsp black pepper
- ½ tsp salt
- 1 red onion
- 3 bell peppers (any color)
- 2 chicken breasts
- 1 can of black beans, rinsed and drained
- Cilantro
- Salsa
- Optional toppings: sour cream/plain yogurt, hot sauce, shredded cheese, diced avocado, or diced green onions

Grocery List

Produce

- Lime
- Red onion
- Bell pepper
- Cilantro

Canned Goods

- Brown rice
- Olive oil
- Black beans
- Salsa

Meat

- Chicken breast

Spices

- Chili powder
- Cumin
- Cayenne pepper
- Garlic powder
- Oregano
- Salt
- Pepper