

E P I C U R E TM

Chicken Fajita Nourish Bowl



Make it a perfectly balanced plate: Serve with $\frac{1}{4}$ cup prepared Guacamole and $\frac{1}{4}$ cup prepared Poco Picante Salsa.

Ingredients

MAKES: 2 SERVINGS

- 1/2 C (125 ml) uncooked quinoa
- 1/2 lb (225 g) boneless, skinless chicken breast
- 1/2 each green and yellow pepper
- 1/4 small red onion
- 1 Tbsp (15 ml) [Fajita Seasoning](#)
- 2 C (500 ml) baby spinach
- 1/2 C (125 ml) canned black beans, drained and rinsed
- **Topping suggestions (optional):** prepared Guacamole, prepared Poco Picante Salsa, lime juice

Preparation

- Place quinoa and 1 cup water in [Multipurpose Steamer](#). Cover, and microwave for 12 min.
- Meanwhile, slice chicken into bite-sized pieces. Thinly slice peppers and onion.
- Remove quinoa from steamer and arrange in two serving bowls. Combine chicken, peppers, onion and seasoning in steamer (don't rinse). Cover and microwave on high, 4 min, or until chicken is cooked through.

- Arrange chicken mixture, spinach and beans ovetop of rice. Top with desired toppings.

NUTRITIONAL INFO

Nutritional Serving Size	Per serving:
Calories	340
Fat	6 g
Saturated Fat	1.5 g
Transfat	0 g
Cholesterol	95 mg
Sodium	140 mg
Carbohydrates	28 g
Fibre	4 g
Sugar	2 g
Protein	43 g
