



Southwest Chicken Meal Prep Bowls

3 servings
50 minutes

Ingredients

- 3/4 cup Brown Rice
- 12 ozs Chicken Breast
- 1 tbsp Avocado Oil (divided)
- 2 1/4 tsps Taco Seasoning (divided)
- 3/4 cup Unsweetened Coconut Yogurt
- 1 1/2 tsps Lime Juice
- 1 1/2 tsps Cilantro
- 2 1/4 cups Green Cabbage (thinly sliced)
- 3/4 Green Bell Pepper (medium, chopped)
- 1 1/2 Tomato (medium, chopped)

Nutrition

Amount per serving	
Calories	415
Fat	11g
Saturated	3g
Carbs	48g
Fiber	5g
Sugar	4g
Protein	31g
Cholesterol	82mg
Sodium	293mg
Vitamin A	1077IU
Vitamin C	60mg
Calcium	176mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Cook the rice according to package directions. Let the rice cool slightly.
- 3 Meanwhile, place the chicken breast in a baking dish and season both sides with 1/2 of the oil and 2/3 of the taco seasoning. Bake for 25 to 30 minutes or until the chicken breast is cooked through. Let cool for 10 to 15 minutes then slice.
- 4 Meanwhile, in a small bowl combine the coconut yogurt, lime juice, cilantro, the remaining oil, and the remaining taco seasoning to make a dressing.
- 5 Divide the rice, cabbage, peppers, tomato, and chicken between bowls. Serve with the yogurt dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Serve cold or to reheat store the cabbage, veggies, and yogurt separately from the chicken and rice.

More Flavor: Add red pepper flakes, smoked paprika, or cayenne pepper to the taco seasoning. Season with salt if needed.

Additional Toppings: Lime wedges, cilantro, or chopped green onion.

No Brown Rice: Use quinoa or cauliflower rice instead.

No Cabbage: Use romaine lettuce or kale instead.