

Recipes makes: 10 Servings (1 cup per serving)



Ingredients-

- ♥ 1 Tbsp D'Avolio Green Chili Olive Oil
- ♥ 2 Tbsp D'Avolio Sicilian Lemon Balsamic Vinegar
- ♥ 1 ½ Lb Boneless, skinless chicken breast
- ♥ 1, 14.5oz Can diced tomatoes
- ♥ 1 C low-sodium chicken stock
- ♥ 2 tsp chili powder
- ♥ 1 tsp cumin
- ♥ 1 C [D'Avolio Brown Rice](#)
- ♥ 1, 15 oz Can black beans (drained & rinsed)
- ♥ 1 C frozen corn
- ♥ Toppings:
- ♥ 4 oz Cheddar Cheese, grated
- ♥ 3 Tbsp Cilantro, chopped
- ♥ 1 Avocado, sliced
- ♥ 10 C Romaine lettuce, shredded

PREPARATION:

1. Combine chicken, oil, vinegar, ½ cup stock and spices in a 2 ½ - 3 ½ Quart slow cooker. Make sure the chicken is covered, add additional water if needed. Cover with the lid and cook on low for 3 to 4 hours.
2. Remove lid and add rice, beans, corn, and remaining chicken stock. Replace lid and cook for another 3 to 4 hours.
3. In last hour, check rice and stir once or twice so that it cooks evenly. Add water if it seems dry. Cooking is done when rice is tender
4. Use two forks to shred chicken into bite-sized pieces.
5. Dish 1 Cup of burrito mix in a bowl on top of 1 cup of shredded romaine lettuce. Top with cheese, cilantro, and avocado. Serve and enjoy!

Nutrition Facts	
Serving Size: 1 Cup Chicken & Rice mix	
Servings: 10	
Amount Per Serving	
Calories 370	Calories from Fat 140
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 4.5g	24%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 360mg	15%
Total Carbohydrate 37g	12%
Dietary Fiber 7g	26%
Sugars 3g	
Protein 24g	
Vitamin A 90%	• Vitamin C 15%
Calcium 15%	• Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.



WWW.HEALTHYOPTIONSBUFFALO.COM