

RECIPE

Chicken With Salsa Verde

🕒 20 minutes / 2 servings

SKIP THE TAKEOUT BURRITO BOWL and make this one at home instead! Chicken, brown rice, black beans, and broccoli seriously deliver on protein and fiber, while salsa verde and queso fresco bring in some fun flavor.

INGREDIENTS

- 12 oz boneless, skinless chicken breast (or vegan chicken or tofu)
- 4 tbsp salsa verde
- 2 cups steamed broccoli
- 2 tbsp queso fresco
- 1 cup cooked black beans
- 1 cup cooked brown rice
- salt, pepper, and hot sauce to taste



SALAD INSTRUCTIONS

- 1 GRILL** or sear the chicken (or vegan alternative) until cooked through, then top with salsa verde.
- 2 SERVE** with steamed broccoli, black beans, and brown rice, and sprinkle with queso fresco.
- 3 SEASON** everything with salt, pepper, and hot sauce to taste.

NUTRITIONAL INFO PER SERVING

CALORIES

557

PROTEIN

67 g

FIBER

12 g

