

PREPARATION: 30 MINUTES

6 SERVINGS

CHICKEN BURRITO BOWL



INGREDIENTS

CHIPOTLE CREAM SAUCE

- 1 cup plain non-fat Greek yogurt
- 1 teaspoon chipotle chili powder
- 1 clove garlic, minced
- 1 tablespoon freshly squeezed lime juice

CHICKEN

- 450 g chicken thighs (skinless, boneless)
- 1 tablespoon olive oil
- ½ teaspoon chili powder
- ½ teaspoon garlic powder
- ¼ teaspoon paprika
- ½ teaspoon freshly ground black pepper

SALAD

- 1 cup white rice
- 1 cup black canned beans, drained and rinsed
- 1 cup frozen corn*
- ½ cup grape tomatoes, quartered
- Juice of 1 lime
- ½ cup fresh cilantro, chopped
- Lime wedges for serving

* or use leftover corn cut off the cob

PREPARATION

- 1 In a small bowl, prepare the chipotle cream sauce by whisking together yogurt, chipotle chili powder, garlic, and lime juice. Set aside.
- 2 Rub chicken thighs with olive oil and sprinkle with chili and garlic powder, paprika, and ground pepper. Heat the barbecue or grill pan on the stove on medium heat. Grill the chicken until it reaches an internal temperature of 165°F. Let it cool.
- 3 In a large saucepan, cook rice according to package instructions and let it cool.
- 4 Divide rice into 6 bowls. Top with sliced chicken, black beans, corn and tomatoes. Sprinkle lime juice over top. Drizzle with chipotle cream sauce and top with chopped cilantro. Serve with extra lime wedges.

Tip: For a variation, try this recipe with chopped green onions, jalapeno peppers, or red bell peppers.

Make it vegetarian by replacing the chicken with an extra serving of black beans.

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

3 Protein + 2 ½ Starch
+ ½ Vegetable

Calories	341 Kcal
Protein	25 g
Carbohydrates	42 g
Fibre	4 g
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	21 mg
Sodium	213 mg
Potassium	532 mg
Phosphorus	310 mg