

Copy Cat Chipotle Chicken Bowls

Copy Cat Chipotle Chicken Bowls

Serves 4

Points are calculated using 1/2 cup rice, 4 oz chicken, 1/2 cup corn salsa and 1/2 cup fajita veggies. Points are not included for add on toppings!

Blue – 3 points (only need to count rice)

Purple – 3 points if using white rice, 0 points if using brown rice

Green – 7 points (rice, chicken, corn salsa)

Chicken

- 1 pound boneless, skinless chicken breast (4 breasts)
- 1/2-3/4 cup Chipotle marinade (I use Lawry's Baja Chipotle)

Fajita Veggies

- 3 green bell peppers, sliced
- 1 red onion, sliced
- 1 tsp dried oregano
- 1 tsp olive oil

Corn Salsa

- 20 oz frozen corn, thawed (I prefer white corn or mixed

yellow and white, but you can use whatever) You can also use fresh or canned corned

- 2 limes
- 1/2 cup fresh cilantro, chopped
- 1/2 cup red onion, diced
- 2 pablano peppers
- 1 jalapeno pepper (optional)
- salt to taste

Cilantro Lime Rice

- 1 cup rice
- 1 cup water
- 1/4 cup fresh cilantro, chopped
- 1 lime, zested and juiced.

Additional Add On Toppings

- sour cream
- shredded cheese
- salsa
- chopped romaine lettuce
- avocado

Chicken

1. Cook chicken however you would like – grill it, bake it, pan fry it. Cook until done. Cut into bite size pieces.

Corn Salsa

1. Roast the pablano peppers: Preheat broiler. Brush the peppers with olive oil. Place peppers on a foil lined baking sheet. Roast for 3 minutes – keeping a close eye on them. Turn peppers over and roast the other side. They are done when they get black and blistered. It goes quick – keep a close eye! When done, put the peppers in a bowl and cover with plastic wrap. Let sit while you

assemble the rest of the corn salsa.

2. In a large bowl place the corn (drain the corn well if using canned or frozen). Add chopped onion, chopped cilantro, chopped jalapeno (if using) salt to taste and the juice of 2 limes.
3. When the peppers cool, the skin will peel right off. Slice open the peppers and remove seeds. Chop peppers and add to corn bowl. Mix well. Place in fridge and let flavors blend while working on the other components of the dish.

Cilantro Lime Rice

1. I make my rice in the Instant Pot, you do whatever method you chose!
2. Before cooking rice by your preferred method, add 1/4 cup chopped cilantro and the zest and juice from 1 lime. Cook according to your preferred method.

Fajita Veggies

1. In a large skillet, heat 1 tsp of olive oil.
2. Add peppers and onions, sprinkle with oregano.
3. Cook on high heat so veggies get a nice sear. Once seared, turn heat to medium.
4. If you like your veggies more on the tender side, put a small amount of water in the pan and cover with a lid – this will steam and soften the veggies. If you prefer your veggies crisp, do not cover. Stir veggies often and when done to your liking, remove from heat.

Bowl Assembly

1. To the bottom of your bowl, add shredded lettuce, desired amount of rice, chicken, fajita veggies, corn salsa, and the rest of your "add on" toppings. Mix all together and enjoy!

NOTES:

1. I work on several of the steps at the same time. While the chicken and fajita veggies are cooking, I make the corn salsa and assemble the "add ons".