

Southwest Chicken Quinoa Bowl

Recipe from RAMC Dietitians

For Stage 3

Ingredients:

- 1# chicken breast
- 6 teaspoon southwest seasoning
- 1 tablespoon olive oil
- ½ cup black beans
- 1 clove garlic
- ½ cup plain greek yogurt
- 1 teaspoon lime juice
- 1 teaspoon apple cider vinegar
- ½ cup whole kernel corn
- 2 cups quinoa (cooked)
- ~10 grape tomatoes

Instructions:

- Put raw chicken in quart or gallon bag and sprinkle 4 teaspoons of Southwest seasoning in.
 - Seal bag. Shake/massage until chicken is coated.
 - Bring 1 teaspoon of oil over medium heat in a medium sized skillet.
 - Add chicken once oil is hot. May cut up chicken or leave as whole breast. Coat chicken with hot oil.
 - Arrange chicken to cook for 5-6 minutes. Flip/stir chicken to ensure chicken is cooked thoroughly. Set aside on a plate.
 - Add beans, corn, garlic to skillet used for chicken. Stir and cook for 1-2 minutes. Remove from heat.
 - In a mixing bowl, combine yogurt and remaining southwest seasoning, lime juice, vinegar and garlic. May add water to get desired consistency.
 - In a bowl, combine ½ cup cooked quinoa, 3.5oz chicken, ½ cup of bean and corn mixture, 2 tablespoons of chopped tomatoes, 2 tablespoons of dressing.
- Makes 4 quinoa bowls.

| Nutrition Facts | |
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| Servings 4.0 | |
| Amount Per Serving | |
| calories | 512 |
| % Daily Value * | |
| Total Fat | 12 g 19 % |
| Saturated Fat | 2 g 9 % |
| Monounsaturated Fat | 5 g |
| Polyunsaturated Fat | 3 g |
| Trans Fat | 0 g |
| Cholesterol | 54 mg 18 % |
| Sodium | 809 mg 34 % |
| Potassium | 905 mg 26 % |
| Total Carbohydrate | 65 g 22 % |
| Dietary Fiber | 9 g 34 % |
| Sugars | 4 g |
| Protein | 35 g 71 % |
| Vitamin A | 5 % |
| Vitamin C | 9 % |
| Calcium | 45 % |
| Iron | 7 % |
| * The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA. | |



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