



# Customizable Chicken Burrito Bowl

[By Andy Hay, TheEastCoastKitchen.com](#)

## Chicken Tray Bake

### **Ingredients**

- 3 boneless, skinless chicken breasts, sliced into bite size pieces
- 3 bell peppers, sliced and deseeded
- ½ red onion, sliced thinly
- 4 cloves garlic, sliced
- Juice of 1 lime
- Zest of 1 lime
- 1 ½ tsp salt
- 2 tbs olive oil
- 1 tbs cumin
- 1 tbs chili powder
- 1 tbs smoked paprika
- 1 can black beans, drained and rinsed
- 1 can corn, drained, and rinsed

### **Instructions**

1. Preheat oven to 400F  
In a large bowl toss together chicken, peppers, onion, garlic, lime juice, lime zest, chili powder, smoked paprika, salt, and cumin.
2. Mix with your hands and pour onto a baking sheet. Place into the oven for 30-40 minutes. 2 cups brown wild rice (follow back of package for instructions)
3. Set aside the corn and black beans in two small bowls.

## Pico de Gallo

### **Ingredients**

- 3 fresh tomatoes, diced
- ½ red onion, diced
- Small jalapeno, seeds removed and diced
- 1 clove garlic, minced
- ¼ cup cilantro
- Juice of 1 lime
- 1 pinch salt

### **Instructions**

Mix all ingredients together in a small bowl and set aside.



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## Crema Sauce

### **Ingredients**

1 cup Greek yogurt  
1 tbsp hot sauce  
Touch of salt  
Juice ½ lime  
Lime zest to taste

### **Instructions**

Mix all ingredients together in a small bowl and set aside.

## Additional Toppings:

Sliced avocado  
Pickled red onions  
Fresh herbs to taste

*Place rice on the plate, then chicken tray bake, corn, black beans and any additional ingredients. Enjoy!*