**HEALTHY CHICKEN FAJITA BOWLS**

**Yield 4 portions**

**INGREDIENTS**

* 4cups cooked chicken
* 2 cups of cooked white or brown rice
* 1 poblano pepper, sliced thin
* 1 red pepper, sliced thin
* 1 small onion, sliced thin
* 1 can of black beans, drained and rinsed
* 1 can of corn, drained
* 2 Tbsp. Homemade Taco seasoning
* 1 cup of vegetable stock, water or liquid of your choice to steam saute
* Additional optional ingredients: shredded cheese, sour cream, avocado, salsa

**INSTRUCTIONS**

1. Preheat a skillet on medium high heat
2. When skillet is hot, add the, peppers and onions and ½ cup stock, cover and steam saute’. Cook4-5 minutes, uncover stir and add chicken and season, recover and steam saute. Remove all ingredients from the pan and set aside
3. In the same skillet, add corn and black beans. Add the remaining fajita seasoning. Cook for about 4 minutes, or until the beans and corn are warmed through.
4. To assemble your bowl, fill with rice and then top with chicken, onions, peppers, corn, and black beans. Add additional toppings as desired.