

Sheet Pan Chicken Burrito Bowls

Serving Size: 1 and 1/2c | Servings per Recipe: 4 | Heart Healthy



INGREDIENTS

- 1 lb. boneless skinless chicken breast, diced
- 3 cups bell peppers and onions (fresh or frozen)
- 1 cup canned black beans, drained and rinsed
- 3 cups cooked brown rice
- 1 tbsp oil
- 1 tsp chili powder
- 1 tsp cumin
- Black pepper

DIRECTIONS

- Preheat oven to 425°F. Line a sheet pan with parchment.
- Place peppers and onions on the pan. Drizzle with oil and sprinkle with chili powder, cumin, and pepper.
- Add diced chicken to the pan and toss to combine.
- Bake for 20–25 minutes, stirring halfway, until chicken is cooked through.
- Warm black beans in a small pot or microwave.
- Serve chicken and vegetables over brown rice. Top with black beans.



Calories per serving: 430 kcal | 11 g total fat | 42 g total carbohydrates | 32 g protein