



Heart & Home
Wellness Table Series

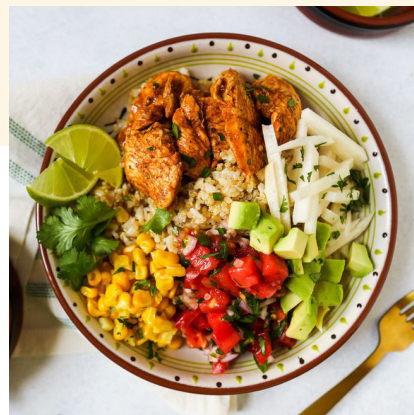


**Ronald McDonald
House Charities®**
Central Ohio

Chili-Lime Chicken Bowls

This zesty chicken bowl is as flavorful as it is satisfying. The chili-lime marinade brings bold taste without the fuss, and everything comes together in one simple prep. It's perfect for keeping meals easy, fresh, and delicious!

Active Time: 25 Mins | Total Time: 30 mins | Servings: 4



NUTRITION NOTES

- Naturally gluten-free and rich in plant-based protein, **quinoa** is a wholesome grain that offers fiber, iron, and magnesium—nutrients that help with energy production, muscle function, and digestion. Its complex carbohydrates also provide long-lasting energy, making it a great base for a balanced bowl.
- Seasoned with zesty lime and a touch of spice, **chili-lime chicken** brings bold flavor along with lean, filling protein. It supports muscle repair and satiety, while the lime juice adds a dose of vitamin C, which plays a role in immune health and collagen production.
- With its crisp texture and mild sweetness, **jicama** adds a refreshing contrast to the bowl. It's especially high in prebiotic fiber, which feeds healthy gut bacteria. A solid source of vitamin C, jicama also supports immune function and healthy skin.
- **Corn** contributes fiber and key antioxidants like lutein and zeaxanthin, which are known to promote eye health. It also provides B vitamins that help your body turn food into energy, supporting metabolism and overall vitality.

Chili-Lime Chicken Bowls

Printing
Courtesy of:



INGREDIENTS

- 1 cup cooked quinoa
- 1 cup cooked brown rice
- 1 pound cooked Chili-Lime Chicken
- 1 cup julienned jicama
- 1 cup frozen corn, thawed
- 1 cup pico de gallo
- 1 avocado, diced
- ½ cup chopped fresh cilantro
- Lime wedges
- Hot sauce, such as Cholula

INSTRUCTIONS

1. Preheat oven to 400°F. Line a baking sheet with foil. Place chicken on the sheet and season with chili-lime seasoning. Roast for 15 to 18 minutes, or until cooked through. Let rest before slicing.
2. Meanwhile, cook 1 cup quinoa with 2 cups water and 1 cup brown rice with 2½ cups water according to package directions. Let cool slightly after cooking.
3. Peel the thick skin from the jicama using a sharp knife. Slice into ¼-inch rounds, then cut into thin matchsticks. Prepare diced avocado, lime wedges, and hot sauce for serving.
4. Assemble the quinoa, brown rice, jicama, and sliced chicken into bowls or containers. Reheat as needed and serve topped with avocado, lime, and hot sauce.

Nutrition Profile: *High-Protein | High-Fiber | Gluten-Free | Nut-Free | Egg-Free | Soy-Free | Low-Calorie | Low-Sodium | Diabetes-Friendly | Heart-Healthy | Healthy Immunity | Healthy Aging | Gut Healthy | Mediterranean Diet*

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 4 | Serving Size: 2 cups | Calories: 413

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| • Total Carbohydrate - 47g | • Protein - 29g | • Vitamin A - 687IU | • Calcium - 59mg |
| • Dietary Fiber - 9g | • Total Fat - 14g | • Vitamin C - 18mg | • Iron - 3mg |
| • Total Sugars - 8g | • Saturated Fat - 2g | • Sodium - 567mg | • Magnesium - 92mg |
| • Added Sugars - 0g | • Cholesterol - 57mg | • Potassium - 641mg | • Folate - 89mcg |

** Nutrition information is calculated by a registered dietitian using an ingredient database but should be considered an estimate. Recipe sourced from: www.eatingwell.com*