



## Chipotle-Rubbed Chicken Salad

with Pico de Gallo and Avocado

This, my friends, is the burrito bowl of all burrito bowls. It contains the unbeatable flavor combo of chipotle and tangy lime zest, but what takes it up a notch is the oregano-scented black beans, homemade pico de gallo, and summery citronette dressing. This isn't your ordinary dinner. It's a fiesta!



**Prep:** 10 min  
**Total:** 30 min



level 1



nut free



gluten free



dairy free



Chicken Breasts



Avocado



Black Beans



Chipotles in Adobo



Scallions



Lime



Romaine Lettuce Heart



Oregano



Red Onion





Jalapeño Pepper



Grape Tomatoes

## Ingredients

|   | 2 People | 4 People |
|---|----------|----------|
| Chicken Breasts   | 12 oz    | 24 oz    |
| Avocado   | 1        | 2        |
| Black Beans   | 1 Box    | 2 Boxes  |
| Chipotles in Adobo  1) | 2 t      | 4 t      |
| Lime  | 1        | 2        |
| Scallions   | 2        | 4        |
| Romaine Lettuce Heart   | 1        | 2        |
| Oregano   | 1 t      | 2 t      |
| Red Onion   | 1        | 2        |
| Jalapeño Pepper        | 1        | 1        |
| Grape Tomatoes  | 4 oz     | 8 oz     |
| Olive Oil*  | 1 T      | 2 T      |

\*Not Included

## Allergens

1) Soy

## Tools

Zester, Strainer, Whisk,  
2 Small bowls,  
Medium bowl, Large pan

**Nutrition per person** Calories: 640 cal | Fat: 22 g | Sat. Fat: 3 g | Protein: 57 g | Carbs: 49 g | Sugar: 7 g | Sodium: 303 mg | Fiber: 29 g

1



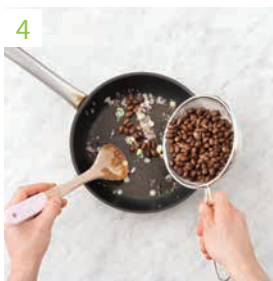
2



3



4



**1 Prep: Wash and dry all produce.** Quarter the **tomatoes**. Halve, peel, and finely chop the **onion**. Zest and halve the **lime**. Mince the **jalapeño pepper**, removing the seeds and ribs if you prefer less heat. Chop the **romaine** into 1-inch pieces. Thinly slice the **scallions**, keeping the **greens** and **whites** separate. Drain and rinse the **beans**.

**2 Make the pico de gallo and citronette dressing:** In a small bowl, toss together the **tomatoes**,  $\frac{1}{4}$  cup **onion** (or less, to taste), a squeeze of **lime**, and as much **jalapeño pepper** as you like. Season with **salt** and **pepper**. In another small bowl, whisk together another squeeze of **lime** and a drizzle of **olive oil** (to taste). Season with **salt** and **pepper**.

**3 Marinate the chicken:** Place the **lime zest**, **chicken breasts**, and **2 teaspoons adobo sauce** (the spicy sauce inside the can of chipotles) in a medium bowl. Season generously with **salt** and **pepper** and turn to evenly coat.

**4 Cook the beans:** Heat a drizzle of **olive oil** in a large pan over medium heat. Add the remaining **onion**, remaining **jalapeño pepper**, **scallion whites**, and **oregano** to the pan. Cook, tossing, for 3-4 minutes, until softened. Add the **beans**. Cook, tossing, for another 1-2 minutes. Season with **salt** and **pepper**. Remove from the pan and set aside.

**5 Cook the chicken:** Heat another drizzle of **olive oil** in the same pan over medium heat. Add the **chicken**. Cook 4-5 minutes per side, until blackened and cooked through. Set aside to rest 5 minutes.

**6 Finish:** Halve, pit, and slice the **avocado**. Thinly slice the **chicken**. Plate the **romaine lettuce** and drizzle with the **citronette dressing**. Top with the **beans**, **chipotle-rubbed chicken**, **pico de gallo**, and **scallion greens**. Lay the **avocado slices** on the side and enjoy!