FLEURISH / DOCTOR'S KITCHEN

Southwest chicken bowl

black beans, corn & lime

A bright, crunchy lunch with chicken, beans and a squeeze of lime.



Serves 4 | **Prep 15-20 min** | **No cooking** | **About 20 min**

INGREDIENTS

- ☐ 3 cups shredded cooked chicken (about 12 oz), skin removed
- ☐ 1 can black beans (15 oz), drained and rinsed
- ☐ 1 cup corn, thawed or drained
- ☐ 1/3 cup finely diced red onion
- ☐ 3 tbsp lime juice
- ☐ 1/2 cup chopped fresh cilantro
- ☐ 8 cups chopped romaine
- ☐ 1 tbsp olive oil
- ☐ 1/2 tsp salt, plus more to taste

LET'S COOK

☐ **1. Prep**

Wash and dry romaine and cilantro; chop. Drain and rinse beans. Thaw frozen corn or drain canned corn. Shred the cooked chicken, removing skin and bones.

☐ **2. Soften the onion**

Mix red onion with lime juice in a large bowl. Let stand 5 minutes.

☐ **3. Toss**

Add chicken, beans, corn, oil and salt. Stir to coat, then gently fold in cilantro. Taste and add a little more lime or salt if needed.

☐ **4. Build your bowls**

Divide romaine among four bowls, about 2 cups each. Top evenly with chicken mixture; serve with lime wedges if available.

No stove needed. Keep chicken mixture and lettuce separate for meal prep. Refrigerate within 2 hours; eat within 3-4 days.