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Texas Brown Rice

Ingredients:

1 cup uncooked brown rice
1 grilled chicken breast, sliced into small pieces
1/4 cup water
1 tbsp. taco seasoning mixture
1/2 cup kernel corn
1 sliced red pepper
1/2 diced onion
1 cup black beans
1/2 cup salsa
1/4 cup low-fat shredded cheddar cheese
1/4 cup sliced avocado

Directions:

1. Cook rice according to package directions.
2. Add water to a skillet and bring to a boil.
3. Add diced vegetables and taco seasoning and simmer for 5 minutes.
4. During last minute, add chicken, black beans, corn and rice.
5. Add salsa and heat for another 1-2 minutes.
6. Top with shredded cheese and a slice of avocado before serving.