

Chicken Tinga Bowls with Calabacitas and Brown Rice



Ingredients

- 1 cup brown basmati rice
- 2 cups broth from chicken
- 1 cup finely chopped onion, divided
- 1 (14 ounce) can no-salt-added diced tomatoes
- 4 medium tomatillos, husks removed, rinsed and quartered (about 1 cup)
- 3 Tbsp tomato paste
- 1 Tbsp cider vinegar or red-wine vinegar
- ¾ tsp chipotle chile powder or to taste
- ½ tsp dried thyme
- ½ tsp salt, divided
- ¼ tsp garlic powder
- 1 Tbsp canola oil, divided
- 2 cups shredded cooked chicken
- ½ cup finely chopped red bell pepper
- 1 small yellow summer squash, chopped
- 1 small zucchini, chopped (1¼ cups)
- 1½ Tbsp crumbled cotija cheese or feta cheese

Total time: 50 minutes

Directions

1. Combine rice and broth from chicken in a medium saucepan. Bring to a boil over medium-high heat. Cover, reduce heat to low, and simmer until the water has been absorbed, about 35-40 minutes.
2. Meanwhile, combine ½ cup onion, tomatoes, tomatillos, tomato paste, vinegar, chipotle, thyme, ¼ tsp. salt, and garlic powder in a blender. Puree until smooth, about 2 minutes.
3. Heat 2 tsp oil in a large skillet. Add the blended sauce and bring to a simmer, stirring occasionally, until the sauce begins to thicken.
4. Add chicken and cook, uncovered, until warmed through, about 3 minutes.
5. Heat the remaining 1 tsp. oil in a large nonstick skillet over medium-high heat. Add bell pepper and the remaining ½ cup onion; cook, stirring, for 2 minutes. Add summer squash and zucchini; cook, stirring, until the vegetables are tender-crisp, about 3 minutes.
6. Scoop ½ cup of rice into bowls and top with the vegetable mixture and the chicken mixture. Sprinkle with cheese.

Nutritional Information

Calories	313
Total Fat.....	6g
Saturated Fat	0g
Cholesterol	75mg
Total Carbohydrate.....	34.2g
Dietary Fiber	5g
Sugar	10g
Protein	31g
Sodium	265mg
Potassium	273mg
Serving size.....	1/2 cup cooked rice + ¾ cup chicken + ½ cup vegetables + 1 tsp. cheese
Recipes yields.....	4 servings

Adjusted from: <http://www.eatingwell.com>