

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

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| 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>