

Ingredients

Cooking
is
Bliss!



A. White rice prepared per packaging instructions

B. CHICKEN

- 3 lbs. chicken breast
- 3 teaspoons of salt
- 1 tsp black pepper
- 2 tsp roasted garlic
- 1 tbsp Mrs Dash original blend
- 2 tsp of smoked paprika
- 1 tbsp Tuscan herb olive oil
- 1 lemon

C. CORN ON COB

- ½ tsp black pepper
- garlic parmesan seasoning
- 2 tbsp of butter

D. PICO DE GALLO

- 2 tomatoes
- ½ purple onion
- 2 tsp cilantro
- 1/2 lime
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp habanero pepper

E.

- avocado
- mixed greens
- green onions
- sour cream
- sprinkle black pepper

This versatile meal was inspired by a craving from my favorite Mexican grill! You can add as much or little of whatever you'd like to this dish! You can add the protein of your choice; black beans, pinto beans, steak, tofu, or fish! Options for sides include jalapenos, cheese, lettuce, guacamole, brown rice, corn salsa, or even grilled onions/ peppers! This was fun to put together & was oh-so-delicious!

What to do with leftovers? A salad for lunch the next day of course!



1. Butterfly chicken breast & tenderize
2. Season with salt, black pepper, roasted garlic, Mrs. dash's original blend, smoked paprika Tuscan herb olive oil, & lemon. Flip & repeat! Place on a baking tray & cook on roast at 400 degrees F for approximately 15-20 minutes until golden brown. If you do not have the roasting option, set the oven to 450 & keep an eye on them!
3. Shuck the corn & season with black pepper & garlic parmesan & topped with butter. Place in the oven for 15 minutes at 425 degrees wrapped in foil.
4. For the pico de gallo, dice tomatoes, onions, parsley, & cilantro, & season with limes salt, black pepper, & habanero pepper.
5. Cut corn off the cob, & slice the chicken breasts, avocado, & lettuce.
6. In a bowl, add rice, then arrange chicken, corn, lettuce, avocado, pico de Gallo, sour cream, lime slices, & green onions to the portion of your liking! With a sprinkle of black pepper & voila!