

# Chipotle Chicken Fajita Bowls

**Yield: 4 – 5 petite servings**

## **Marinade Ingredients:**

1/4 cup freshly squeezed orange  
1/2 lime, juiced  
1 tablespoon olive oil  
2 garlic cloves, roughly chopped  
1 chipotle chile, in adobo sauce, chopped  
1 teaspoon ground cumin  
1 teaspoon salt  
2 tablespoons roughly chopped fresh cilantro leaves

## **Fajita Ingredients:**

4 – 5 chicken tenderloin pieces  
Kosher salt and pepper to season chicken  
1 tablespoon extra virgin olive oil  
1/4 red bell pepper, julienned  
1/4 orange or yellow bell pepper, julienned  
1/2 zucchini, julienned  
1/2 brown onion, halved and sliced  
guacamole (recipe follows)



- Step 1:** Put all marinade ingredients into a plastic bag.
- Step 2:** Season the chicken with salt and freshly ground pepper. Add the chicken to the bag and allow to marinate overnight (if possible) in the refrigerator.
- Step 3:** Cut the bell peppers, zucchini and onions and place them in a separate plastic bag and refrigerate.
- Step 4:** Heat your electric griddle to 300 degrees F. Add about 1 tablespoon of olive oil, salt and pepper to your plastic bag with the peppers, zucchini and onions and mix.
- Step 5:** Once the griddle is hot, using your tongs place the chicken tenderloins onto the griddle and cook for about 3 minutes until one side is browned. Add the peppers, zucchinis and onions onto the griddle and cook for another 5 minutes or until the onions have browned. Check the temperature of the chicken to insure that it is 165 degrees F.
- Step 6:** Once the vegetables and chicken are cooked, remove from the griddle and allow the meat to cool before slicing. Serve the fajita mixture in a bowl over black beans and cilantro-lime rice. Top with guacamole.

## G u a c a m o l e

**Yield: 1 cup**

## **Guacamole Ingredients:**

1 ripe Hass avocados  
1 lime, juiced  
1/4 small red onion, finely chopped  
1 small garlic clove, minced  
1/2 serrano chile, finely chopped  
1 handful fresh cilantro leaves, chopped  
Kosher salt and freshly ground black pepper to taste  
Drizzle of extra virgin olive oil

- Step 1:** Cut the avocados in half and remove the pits. Use a spoon to scoop out avocado into a bowl.
- Step 2:** Using a fork, mash the avocados a bit, still leaving them chunky. Add the rest of the ingredients to the bowl and gently mix. Taste for seasonings and adjust to your liking. Top each fajita bowl with guacamole and eat!

# C i l a n t r o - L i m e R i c e

**Yield: about 2 and 1/2 cups**

## **Cilantro-Lime Rice Ingredients:**

1 cup long-grain white rice  
1/2 teaspoon kosher salt  
1/4 cup brown onion, finely chopped  
1/2 cup roughly chopped fresh cilantro leaves  
2 tablespoons fresh lime juice  
2 tablespoons extra-virgin olive oil  
1 garlic clove

- Step 1:** In a medium saucepan, heat 2 tablespoons olive oil and sauté the onion for about 3 minutes. Add 1 teaspoon kosher salt. Add the rice and stir coating with the oil and onion mixture. Add 1 and 1/2 cups water and bring it to a boil. Reduce the heat to a simmer and cover the pot with a lid.
- Step 2:** Cook rice until the water is absorbed and the rice is just tender, about 16 – 20 minutes.
- Step 3:** In a mini food processor combine cilantro, lime juice, garlic, extra virgin olive oil and blend until smooth.
- Step 4:** Stir cilantro mixture into cooked rice and fluff rice with a fork.
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# B l a c k B e a n s

**Yield: 4 cups**

## **Black Beans Ingredients:**

1 pound dried black beans  
2 quarts water  
2 tablespoons extra virgin olive oil  
1 chipotle pepper in adobo, chopped  
4 garlic cloves, minced  
1 medium onion, diced  
1 can fire-roasted diced tomatoes  
3 tablespoons salt, or to taste  
Freshly ground pepper, to taste

- Step 1:** Pick over beans and discard any small stones or broken beans. Cover them with 2 quarts water and remove any beans that float to the surface. Soak beans for 4 to 8 hours or until beans have softened.
- Step 2:** Drain water and rinse beans. Place beans in a large saucepan and cover with another 2 quarts water. Bring to a boil, reduce heat and simmer, stirring occasionally, for 2 to 4 hours or until beans are quite soft but not falling apart.
- Step 3:** During the last hour of cooking heat olive oil in a sauté pan, add onion, garlic, chipotle pepper and tomatoes and sauté until onion is translucent. Add vegetables to simmering beans along with salt and pepper to taste.

