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**Ingredients:**

1/2 avocado diced

1 lime

2 tbsp Greek yogurt

1 1/4 tsp Hidden Valley Ranch seasoning

7 oz. black beans

**For the Rice:**

2 cups water

1 cup Great Value brown rice

1 tsp butter

dash of cayenne

dash of garlic powder

dash of chili powder

**For the Chicken:**

2 large chicken breasts, cubed

1 tbsp Extra Virgin Olive Oil

1/2 tsp garlic powder

1/4 chili powder

1/4 tsp ground ginger

**Directions:**

1. Bring the water and butter to a boil. Add the rice and let cook for 45-50 minutes. Season with garlic powder, cayenne pepper, and chili powder.
2. Mix the Greek yogurt and ranch seasoning. Set aside.
3. After the chicken is defrosted and cubed, place it in the skillet with the olive oil. Add the garlic

powder, chili powder, ground ginger, cilantro, and ground black pepper. Cook for about eight minutes or until the chicken is cooked throughout.

4. Add the black beans to the chicken.
5. Squeeze the juice from the lime into the chicken, stir.
6. Once the chicken and rice are both done, place the chicken and bean mixture over the rice.
7. Top with avocado and ranch mixture.
8. Serve, eat, enjoy!

