

Sizzlin' Fajita Bowl with Shaved Cabbage, Black Beans, and Lime

YIELD: 6 SERVINGS

Gluten-free

Dairy-free

RECIPE CUSTOMIZATION

To make it FODMAP friendly, omit onion, use half the amount of purple cabbage, and swap black beans for sliced carrots

INGREDIENTS

1 lb shredded chicken, from leftovers or a rotisserie from your market

2 Tbsp avocado oil

1 red bell pepper, trimmed and sliced thin

1 onion, trimmed and sliced thin

½ head purple cabbage, sliced thin

1 lime, juiced

1 lb black beans, canned and drained

1 cup tomato, small dice

1 cup corn, frozen or fresh poached for 3 minutes in salted water

2 avocados, sliced

½ cup cilantro, chopped

¼ cup sherry vinegar

¼ cup extra virgin olive oil

Salt, kosher

DIRECTIONS

1. Place cabbage in a mixing bowl. Toss to combine with a pinch of salt and lime juice.
2. Heat the avocado oil (2 Tbsp) in a large sauté pan over a high heat.
3. Add the bell pepper, onion, and a pinch of salt. Cook over high heat until browned.
4. Add shredded chicken. Continue cooking until hot.
5. Plate or platter the shredded chicken mixture, cabbage, and black beans in a triangle near one another.
6. Top with piles of the tomatoes and corn.
7. Sprinkle with avocado and cilantro.
8. Drizzle lightly with sherry vinegar and olive oil.
9. Sprinkle with additional salt if desired.



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NUTRITION FACTS

Serving size 1 (14.1 oz)

Amount Per Serving	399g
Calories	636
	% Daily Value
Total Fat 27.2g	42%
Saturated Fat 4.1g	20%
Cholesterol 49mg	16%
Sodium 523mg	22%
Total Carbohydrate 68g	23%
Dietary Fiber 19g	77%
Sugars 9g	
Protein 35g	70%
Vitamin A	33%
Vitamin C	114%
Calcium	15%
Iron	32%