



## **Healthy Chicken Street Corn Bowl**

### **Ingredients**

#### **Chicken**

- 1½ lbs boneless, skinless chicken breast, cut into bite-sized pieces
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- ½ teaspoon ground cumin
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- Juice of ½ lime

#### **Street Corn & Vegetables**

- 3 ears fresh sweet corn, kernels removed (or 2 cups frozen corn)
- 1 fire-roasted poblano pepper, diced
- 1 roasted red bell pepper, diced
- 1 (15-ounce) can low-sodium black beans, drained and rinsed
- 1 teaspoon olive oil
- ½ teaspoon smoked paprika
- ½ teaspoon chili powder
- Pinch of kosher salt

#### **Bowl Base**

- 2 cups cooked brown rice (or cilantro-lime brown rice)
- 1 cup cherry tomatoes, halved
- 1 avocado, diced
- ¼ cup diced red onion
- ¼ cup chopped fresh cilantro
- Lime wedges for serving



## **Healthy Lime Crema**

- $\frac{3}{4}$  cup plain nonfat Greek yogurt
- Juice of 1 lime
- 1 teaspoon honey
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon chili powder
- Pinch of kosher salt
- 1–2 tablespoons water, if needed, to thin

### **Directions**

#### **1. Cook the Chicken**

1. In a bowl, combine the chicken with olive oil, smoked paprika, chili powder, garlic powder, cumin, salt, pepper, and lime juice.
2. Heat a large skillet over medium-high heat. Cook the chicken for 6–8 minutes, stirring occasionally, until browned and cooked through. Transfer to a plate and let it rest.

#### **2. Build the Street Corn Mixture**

1. In the same skillet, add the olive oil and corn. Cook for 3–4 minutes until lightly charred.
2. Stir in the diced fire-roasted poblano, roasted red pepper, and black beans.
3. Season with smoked paprika, chili powder, and a pinch of salt.
4. Cook another 2–3 minutes until everything is heated through and the flavors come together.

#### **3. Make the Lime Crema**

1. Whisk together the Greek yogurt, lime juice, honey, garlic powder, chili powder, and salt. Add a splash of water until the sauce reaches a smooth, drizzle able consistency.



#### **4. Assemble the Bowls**

2. Divide the brown rice evenly among four bowls.
3. Top each bowl with:
  - Smoky chicken
  - Charred corn and vegetable mixture
  - Cherry tomatoes
  - Avocado
  - Red onion
4. Drizzle generously with the Healthy Lime Crema.

#### **Chef Rich's Budget Tips**

- Buy fresh corn when it's in season for the best flavor and price.
- Roast extra poblano and red peppers while your chicken cooks to save time.
- Low-sodium canned black beans are inexpensive, filling, and loaded with fiber and plant-based protein.
- Cook extra brown rice for easy lunches throughout the week.
- Greek yogurt replaces mayonnaise and sour cream, adding protein while reducing saturated fat.