SWEET AND SPICY CHICKEN BOWL

Ingredients *Yield: 4 servings*

Reorder No.	Description	Amount
Spice Mix		
331473	Trade East® Mild Chili Powder Spice	1 Tsp.
273945	Trade East Ground Cumin	½ Tsp.
224839	Trade East Garlic Powder Spice	¼ Tsp.
860430	Trade East Smoked Ground Paprika	¼ Tsp
225088	Trade East Ground Cayenne Red Pepper	⅛ Tsp.
225045	Trade East Regular Ground Black	To taste
424307	Kosher Salt	¼ Tsp
131231	Olive Oil	1 Tbsp.
217523	Honey	1 Tbsp.
430795	GFS® Apple Cider Vinegar	½ Tsp.
Rice		
Market Item	Uncooked Brown Rice	1 cup
261564	Hearthstone® Chicken Broth	1 ¾ cup
Bowl Ingredients		
864091	Boneless Skinless Chicken Breast	¾ lb.
Market Item	Pineapple Tidbits in Juice	8 oz. can
263751	Black Beans	15 oz. can
764532	Avocado	1
198889	Green Onions	2
673652	Cilantro (optional)	¼ bunch

Preparation Instructions

Wash hands.

Combine the uncooked rice and chicken broth in a small pot. Place a lid on top and bring to a boil over high heat. As soon as it reaches a full boil, turn the heat down to low and let simmer for 25 minutes. Remove from heat let it rest for about 10 minutes. Fluff with a fork.

Prepare the honey spice mix by combining the chili powder cumin, garlic, smoked paprika, cayenne, freshly cracked pepper, salt, honey, olive oil, and apple cider vinegar in a bowl.

Chop the chicken breast into small pieces. Add it to the bowl with the honey spice mix and toss to coat. Set the seasoned meat aside while you prepare the rest of the bowl ingredients.

Rinse and drain the black beans. Drain the pineapple, then chop the tidbits into smaller pieces. Slice the green onions. Rinse and roughly chop the cilantro. Slice or cubed the avocado.

Heat a large non-stick skillet over medium heat. Add the chopped and seasoned chicken pieces and sauté until cooked through and slightly browned (5-7 minutes).

Build the bowls by adding 3/4 cup cooked rice to each bowl, followed by 1/4 of each of the following: cooked chicken, black beans, pineapple, avocado, green onions, and cilantro.