



Nutrition TEAM

with Kim Ross

Chicken Salsa Tacos with Cilantro Lime Rice

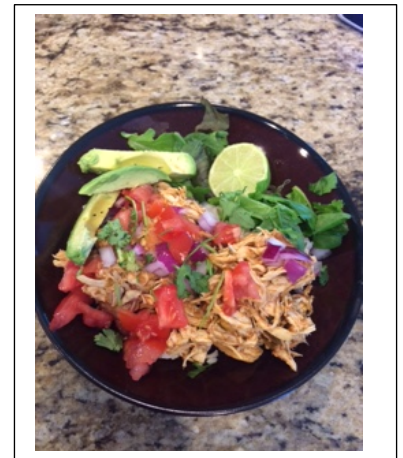
This tastes just like homemade Chipotle! The cilantro and lime really help bring out the flavors in this dish. Enjoy!

Serves 6-8

Total time: 45 minutes

Ingredients:

- 2 cups brown rice
- 3 limes
- ¼ cup + 4 Tbsp chopped cilantro
- 3 lbs boneless, skinless chicken
- 3 tsp chili powder
- 2 tsp ground cumin
- 2 cloves fresh garlic, chopped
- 2 cups organic chunky salsa
- Salt and pepper to taste



Toppings of your choice (black beans, tomatoes, lettuce, cheese, onion, avocado)

Directions:

1. Put 2 cups brown rice, 4 cups of water and the juice of 1 lime in a medium sauce pan. Follow directions on package until tender. Once cooked, add in ¼ cup chopped cilantro.
2. Place chicken, chili powder, cumin, garlic, salsa, and juice of 2 limes in an instant pot (or slow cooker on low for 8 hours).
3. Cook on pressure cooker for 14 minutes. (While cooking, prepare toppings of your choice)
4. Using 2 forks shred chicken. Stir in remaining cilantro and allow the chicken to sit and soak up some of the juices.
5. Serve chicken over the cilantro lime rice with toppings of your choice (black beans, tomatoes, lettuce, cheese, avocado).

About the Contributor: *Nicole Brooker earned her Master's degree in Applied Clinical Nutrition from New York Chiropractic College in August 2018. Nicole is passionate about nutrition education, GI health and disease prevention. She is currently an adjunct professor at Columbia International University where she developed and wrote the curriculum for a Health and Nutrition Minor. She is currently earning clinical hours toward the Certified Nutrition Specialist (CNS) credential under Kim Ross's supervision.*