



A typical chicken, rice and beans dish can be high in calories, fat and carbohydrates. This recipe shows how easy it is to enjoy a family favorite with a few adjustments.

Let's keep the same flavors we love but add more nutrition to the plate for a healthier, balanced meal. A great tip is always to fill half of your plate with vegetables – here, we're adding shredded cabbage, pico de gallo, steamed nopales and avocado. We'll also add rice, a gluten-free carb that gives you a nice boost of energy. Fiber-rich beans help you feel full, plus they are a great source of protein and help regulate your blood sugar. Finally, baked or air-fried chicken seasoned with your favorite spices delivers high-quality protein with less fat.

Instructions

1. Prepare the Rice:

Add 1/4 cup cooked rice to your plate. Choose brown rice if you want more fiber and longer-lasting energy.

2. Add the Beans:

Spoon on 1/2 cup beans (or more, if desired). Rinse canned beans before cooking to lower sodium.

3. Cook the Chicken:

Season chicken with salt, pepper, garlic powder, smoked paprika and oregano. Bake or air fry until fully cooked (internal temp 165°F). Then add 3–4 ounces to your plate.

4. Build the Vegetable Half of Your Plate

Layer chopped cabbage on half of your plate. Add steamed nopales and spoon pico de gallo on top for freshness. Lastly add about 1/3 of an avocado for healthy fats. Mix in other vegetables you enjoy for added nutrients and color.

Ingredients

- 1/4 cup cooked white rice
 - *Optional swap: 1/4 cup brown rice for more fiber*
- 1/2 cup cooked beans (any variety)
- 3–4 oz chicken breast, baked or air-fried
- Seasonings:
 - Salt & pepper
 - Garlic powder
 - Smoked paprika
 - Dried oregano
 - *(Or use flavorings that match your culture and taste)*
- 1/2–1 cup chopped cabbage
- 1/4–1/2 cup pico de gallo
- 1/2 cup steamed nopales
- 1/3 avocado
- Optional additions: any colorful vegetables you enjoy