

Healthy Chicken Taco Bowl (Whole30!)

Yield: 4 min
Total Time: 240 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-healthy-east-pesto>

Ingredients:

- 1 1/2 pounds boneless skinless chicken breasts
- 1 jar salsa I love Frontera Chipotle Salsa
- 1 pepper thinly sliced
- 1 onion thinly sliced
- 1 teaspoon olive oil
- 1 cup cauliflower rice frozen, per person
- 1 pinch red pepper flakes
- 2 limes
- 1 avocado
- 1/2 cup cherry tomatoes
- salt
- pepper

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 110 milligrams
4. Fat: 14 grams
5. Fiber: 8 grams
6. Protein: 39 grams
7. SaturatedFat: 3 grams
8. Sodium: 660 milligrams
9. Sugar: 5 grams

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