

# Aztec Tortilla Bowl

**Serving Size: 1 Bowl**

## **INGREDIENTS:**

**6 OUNCES LOW SODIUM CHICKEN BROTH  
2 OUNCES POACHED CHICKEN BREAST - SHREDDED  
1 1/3 OUNCE FROZEN CORN - ROASTED  
1 1/2 CUP LOW SODIUM CHICKEN BROTH  
2 2/3 OUNCE AZTEC RICE BLEND  
2 OUNCES PLUM TOMATOES  
1 TEASPOON CUMIN  
1/8 TEASPOON SALT  
3 TEASPOON JALAPENO PEPPERS (FRESH)  
1 OUNCE FRESH AVOCADO (DICED)  
3 TEASPOON FRESH CILANTRO  
1/2 OUNCE CORN TORTILLA STRIPS**

## **DIRECTIONS:**

**BRING 6 OUNCES OF STOCK TO BOIL. ADD AZTEC BLEND & CUMIN. REDUCE TO SIMMER. COVER & COOK FOR 35 MINS.**

**COAT SHEET PAN WITH VEGETABLE OIL SPRAY. PLACE TORTILLA STRIPS IN A SINGLE LAYER. DO NOT OVERCROWD. PLACE IN PREHEATED OVEN AT 350 DEGREES FOR 8-10 MINUTES OR UNTIL CRISPY.**

**PLACE INGREDIENTS IN BOWL IN FOLLOWING ORDER: 1 CUP GRAINS, 2 OZ SHREDDED CHICKEN, 1/4 CUP ROASTED CORN, 1/4 CUP DICED TOMATO, 1 1/2 CUP HOT STOCK, 1/8 TSP SALT, 1 TBSP CILANTRO, 1 OZ DICED AVOCADO, 1 TBSP DICED JALAPENO, 1/2 OZ TORTILLA STRIPS**

**ENJOY!**

## **Nutrition Facts:**

**Calories: 560**

**Fat: 15**

**Carbohydrates: 81 grams**

**Fiber: 8 grams**

**Protein: 27 grams**



mindful  
by *sodexo*