



Sizzlin' Fajita Bowl with Shaved Cabbage, Black Beans and Lime

YIELD: 6 SERVINGS

Gluten-free

Dairy-free

RECIPE CUSTOMIZATION

To make it FODMAP friendly, replace the onion with the green part of green onion, sliced, and replace the black beans with 1 cup chickpeas, rinsed

INGREDIENTS

- 1 pound Chicken breast, cooked & shredded
- 2 Tablespoon Avocado Oil
- 1 Red Bell Pepper, trimmed and sliced thin
- 1 Onion, trimmed and sliced thin
- ½ head Purple Cabbage, sliced thin
- 1 Lime, juiced
- (1) 15oz can Black Beans, drained and rinsed
- 1 cup Tomato, small dice
- 1 cup Corn, frozen or fresh poached for 3 minutes in salted water
- 2 Avocado, sliced
- ½ cup Cilantro, chopped
- ¼ cup Sherry Vinegar
- ¼ cup Extra Virgin Olive Oil

DIRECTIONS

1. Place cabbage in a mixing bowl and toss with a pinch of salt and the lime juice. Toss to combine.
2. Heat the oil in a large sauté pan over a high heat. Add the bell pepper and onion and a pinch of salt, and cook over high heat until they have browned.
3. Add shredded chicken to onion and bell peppers and continue cooking until hot.
4. Plate or platter the shredded chicken, cabbage and black beans.
5. Top with piles of the tomatoes and corn. Sprinkle with avocado and cilantro. Drizzle lightly with sherry vinegar and olive oil.
6. Sprinkle with additional salt if desired.

Chef tip: For a tender and fully “pickled” red cabbage, toss with lime and salt the day before and refrigerate.



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NUTRITION FACTS

Serving size 1 (14.1 oz)

Amount Per Serving	399g
Calories 636	
% Daily Value	
Total Fat 27.2g	42%
Saturated Fat 4.1g	20%
Cholesterol 49mg	16%
Sodium 523mg	22%
Total Carbohydrate 68g	23%
Dietary Fiber 19g	77%
Sugars 9g	
Protein 35g	70%
Vitamin A	33%
Vitamin C	114%
Calcium	15%
Iron	32%

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