

Black Bean Burrito Bowl



This healthy burrito bowl is loaded with fresh ingredients and topped with a dollop of zesty lime yogurt.

Prep Time: 15 minutes

Start to Finish Time: 20 minutes

Servings: 4

Directions

1. Cook rice according to package directions without butter.
2. Divide rice among 4 shallow bowls; top with beans, tomatoes, avocado, lettuce and cheese.
3. Stir together yogurt, lime juice, olive oil, lime zest, garlic, cumin, chili powder and salt. Add dollop to each rice bowl.

Ingredients

1 cup (250 mL)	UNCLE BEN'S® Quick Cook Perfection™ or or UNCLE BEN'S® Whole Grain Brown Rice (Nutritionally recommended)
1 can (19 oz)	No salt added black beans, drained and rinsed
1 cup (250 mL)	Chopped tomatoes
1	Ripe avocado, pitted, peeled and chopped
2 cups (500 mL)	Shredded romaine lettuce
1/2 cup (125 mL)	Shredded Monterey Jack cheese
1/3 cup (75 mL)	Nonfat plain Greek yogurt
1 tbsp (15 mL)	Lime juice
1 tsp (5 mL)	Extra-virgin olive oil
1/2 tsp (2 mL)	Finely grated lime zest
1	clove garlic, minced
1/4 tsp (1 mL)	Each ground cumin and chili powder
Pinch	Salt

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FLAVOUR TIP: Super hungry? Add pork, fish or chicken for a heartier helping!

NUTRITIONAL INFORMATION

Per serving, 1/4 of recipe

Calories	Fat	Carbohydrates	Sugar	Fibre	Sodium	Protein
450	11g	70g	2g	10g	190mg	18g

Chicken Fried Rice with a Pineapple Punch!



This healthy homemade alternative to takeout fried rice is a one dish wonder.

Prep Time: 15 minutes

Start to Finish Time: 30 minutes

Servings: 4

Directions

1. Heat oil in skillet. Brown chicken over medium heat.
2. Add onions, garlic, ginger, celery, carrot, red pepper, and pineapple. Sauté for 5 to 7 minutes or until softened.
3. Add rice and cook for 1 minute.
4. Add soy sauce, vinegar and broth and bring to boil.
5. Reduce heat, cover and cook for 15 to 20 minutes or until rice is tender.
6. Stir in half the green onions and sprinkle remaining green onions on top.
7. Serve with side salad.

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Ingredients

1 cup (250 mL)	UNCLE BEN'S® Jasmine Rice or UNCLE BEN'S® Whole Grain Brown Rice (Nutritionally recommended)
1 tbsp (15 mL)	Canola oil
12 oz (375 g)	Cubed chicken breast
1/3 cup (75 mL)	Chopped onion
2 cloves	Garlic, minced
2 tsp (10 mL)	Minced ginger
2 ribs	Celery, sliced into 1-inch (2.5 cm) pieces
1 large	Carrot, sliced into 1-inch (2.5 cm) pieces
1	Red pepper, sliced into 1-inch (2.5 cm) pieces
1/2 cup (125 mL)	Chopped pineapple, about 1-inch (2.5 cm) pieces
1 tbsp (15 mL)	Sodium reduce soy sauce
4 tsp (20 mL)	Rice wine vinegar
1 1/2 cup (375 mL)	Boiling no-salt added chicken broth, brought to a boil
2	Green onions, sliced on the angle
	Side salad, for serving

FLAVOUR TIP: Give it a healthy boost with some edamame or mushrooms. Delicious & wholesome!

NUTRITIONAL INFORMATION

Per serving, 1/4 of recipe

Calories	Fat	Carbohydrates	Sugar	Fibre	Sodium	Protein
370	5g	53g	5g	2g	430mg	27g

*Note – nutritional information does not include side salad.

Tip: Serve with a simple side salad, try the following:

4 cups (1 L) mixed greens
1/2 cup (125 mL) sliced cucumbers
1/2 cup (125 mL) sliced grape tomatoes
1/2 cup (125 mL) grated carrot
2 tbsp (30 mL) olive oil
1 tbsp (15 mL) apple cider vinegar
1 tbsp (15 mL) orange juice
1 tsp (5 mL) Dijon mustard
1 tsp (5 mL) honey
1/4 tsp (1 mL) each salt and pepper

Add mixed greens, cucumbers, tomatoes and carrot to large bowl. Whisk oil with vinegar, juice, mustard, honey, salt and pepper. Toss dressing with salad.

Citrus & Sweet Orange Chicken Treat



Baked with an orange and honey glaze, this sticky chicken with roasted vegetables is served with whole grain rice for a nutritious and delicious dinner.

Prep Time: 15 to 20 minutes

Start to Finish Time: 75 minutes

Servings: 4

Directions

1. Preheat oven to 375°F (190°C). Grease 8- x 12-inch (3 L) baking dish with half of the oil. Whisk together orange juice, honey, vinegar, remaining oil, salt and pepper.
2. Toss drumsticks with orange juice mixture; toss in carrots, parsnips, red onion, garlic, orange and thyme. Transfer to prepared baking dish. Bake for 55 minutes or until chicken is cooked through and vegetables are tender.
3. Meanwhile, cook rice according to package directions without butter. Serve chicken and roasted vegetables with rice. Garnish with green onions and sesame seeds.

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Ingredients

2 tbsp (30 mL)	Olive oil
1/4 cup (60 mL)	Fresh orange juice
2 tbsp (30 mL)	Honey
1 tbsp (15 mL)	Apple cider vinegar
1/4 tsp (1 mL)	Each salt and pepper
4	Drumsticks (about 14 oz/400 g)
3	Carrots, cut into 1-inch (2.5 cm) pieces
2	Parsnips, cut into 1-inch (2.5 cm) pieces
1	Red onion, quartered
6	Whole garlic cloves
1	Seedless orange, cut into wedges
4	Fresh thyme sprigs
3/4 cup (175 mL)	UNCLE BEN'S® Wholegrain Brown Rice
2	Green onions, finely chopped
1 tbsp (15 mL)	Sesame seeds

Flavour Tip: Mix it up! Swap in rosemary instead of thyme for a little something different!

NUTRITIONAL INFORMATION

Per serving, 1/4 of recipe

Calories	Fat	Carbohydrates	Sugar	Fibre	Sodium	Protein
470	16g	65g	20g	8g	230mg	17g

Crispy Baked Chicken Fingers with Coconut Rice



Shredded coconut is mixed with bread crumbs to coat the chicken and coconut milk is added to the rice for a taste of the tropics in this twist on a family favourite.

Prep Time: 25 minutes

Start to Finish Time: 45 minutes

Servings: 4

Directions

1. Preheat oven to 425°F (220°C). Line baking sheet with parchment paper. Brush lightly with oil; set aside.
2. Stir together yogurt, cumin, garlic powder, onion powder and salt; reserve 1 cup (250 mL).
3. Stir bread crumbs with coconut. Toss chicken with remaining yogurt mixture; coat in bread crumb mixture. Arrange on prepared baking sheet; bake for 10 to 15 minutes or until chicken is cooked through and golden brown.
4. Meanwhile, in saucepan, bring broth and coconut milk to boil; stir in rice, thyme and ginger. Reduce heat to low; cover and cook for 15 minutes. Add beans; cover and cook for 5 minutes or until rice is tender and liquid is absorbed. Let stand for 5 minutes; fluff with fork.
5. Serve rice with chicken fingers, yellow and red peppers, and reserved yogurt sauce for dipping.

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Ingredients

1 tbsp (15 mL)	Olive oil
1 3/4 cups (425 mL)	Nonfat plain Greek yogurt
1/4 tsp each	Ground cumin, garlic powder, onion powder and salt
1 1/4 cups (300 mL)	Bread crumbs
1/2 cup (125 mL)	Desiccated unsweetened coconut
1 lb (500 g)	Chicken tenders
1 2/3 cups (400 mL)	No salt added chicken broth
1/2 cup (125 mL)	Canned coconut milk
1 cup (250 mL)	UNCLE BEN'S® CONVERTED® Brand Rice or UNCLE BEN'S® Whole Grain Brown Rice (Nutritionally recommended)
2 tsp (10 mL)	Chopped fresh thyme
2 tsp (10 mL)	Minced fresh gingerroot
1/2 lb (250 g)	Green beans, trimmed and cut into 1-inch (2.5 cm) pieces
1/2	Yellow pepper, sliced into strips
1/2	Red pepper, sliced into strips
2	Carrots, cut into sticks

FLAVOUR TIP: Try crispy panko breadcrumbs for an extra crunch you can't resist.

NUTRITIONAL INFORMATION

Per serving, 1/4 of recipe

Calories	Fat	Carbohydrates	Sugar	Fibre	Sodium	Protein
700	21g	79g	11g	6g	540mg	49g

Taco-licious Chicken Skillet with Wholegrain Brown Rice



Roasting corn in the oven intensifies and brings out its sweet flavours. It's the perfect accompaniment to this skillet dinner and fresh tangy salsa.

Prep Time: 20 minutes

Start to Finish Time: 50 minutes

Servings: 4

Directions

1. Preheat oven to 425°F (220°C). In skillet, heat oil over medium heat; cook chicken, chili powder and cumin for 5 minutes or until browned. Transfer to plate.
2. Stir diced tomatoes and broth into skillet; bring to boil. Add rice; reduce heat to low. Return chicken to skillet; cover and cook for 20 to 25 minutes or until rice is tender and liquid is absorbed. Sprinkle with cheese. Cover and let stand for 5 minutes.
3. Meanwhile, brush corn evenly with oil; transfer to baking dish. Roast for 12 to 15 minutes or until tender and golden brown in some spots.
4. Meanwhile, stir together mango, cherry tomatoes, orange pepper, red onion, lime juice, parsley, salt and pepper. Serve with chicken and rice, and roasted corn.

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Ingredients

2 tsp (10 mL)	Olive oil
12 oz (340 g)	Boneless skinless chicken breasts, cubed
1 tsp (5 mL)	Chili powder
1/2 tsp (2 mL)	Ground cumin
1 cup (250 mL)	No salt added diced tomatoes
3/4 cup (175 mL)	No salt added chicken broth
3/4 cup (175 mL)	UNCLE BEN'S® Wholegrain Brown Rice
1/2 cup (125 mL)	Shredded Mexican cheese blend
2	Corn cobs, husks and silk removed
2 tsp (10 mL)	Olive oil
1	Ripe mango, chopped
1 cup (250 mL)	Halved cherry tomatoes
1/2 cup (125 mL)	Orange pepper, chopped
1/4 cup (60 mL)	Finely chopped red onion
3 tbsp (45 mL)	Lime juice
1 tbsp (15 mL)	Chopped fresh parsley
Pinch salt	Salt and pepper

FLAVOUR TIP: Use ancho or chipotle powder for the chili powder and jalapeno or Serrano chili pepper for the red pepper in the salsa for added spice.

NUTRITIONAL INFORMATION

Per serving, 1/4 of recipe

Calories	Fat	Carbohydrates	Sugar	Fibre	Sodium	Protein
450	12g	57g	19g	6g	320mg	30g

Tasty Thai Chicken & Peanut Butter Rice Bowl



This delectable rice bowl has great peanut flavour – from peanut butter.

Prep Time: 20 minutes

Start to Finish Time: 40 minutes

Servings: 4

Directions

1. Whisk together chicken broth, lime juice, soy sauce, peanut butter, brown sugar, garlic and ginger; set aside.
2. In large skillet, heat oil over medium-high heat; cook chicken for 3 to 5 minutes or until browned. Add rice; cook, stirring, for 2 minutes.
3. Stir in chicken broth mixture; bring to simmer. Reduce heat to low; cover and cook for 15 minutes or until rice is tender and liquid is absorbed. Remove from heat; let stand, covered, for 5 minutes.
4. Meanwhile, steam carrot for 5 minutes. Add zucchini; steam for additional 3 minutes. Add snow peas; steam for additional 3 minutes or until vegetables are tender-crisp. Toss gently with salt-free garlic and herb seasoning blend.
5. Divide rice mixture among 4 shallow bowls. Top with steamed vegetables and garnish with green onion and cilantro. Serve with lime wedges.

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Ingredients

1 1/2 cups (375 mL)	No salt added chicken broth
2 tbsp (30 mL)	Lime juice
4 tsp (20 mL)	Sodium reduced soy sauce
1 tbsp (15 mL)	All natural smooth peanut butter
1 tsp (5 mL)	Brown sugar
1 clove	Garlic, minced
1 tbsp (15 mL)	Minced fresh gingerroot
1 tbsp (15 mL)	Vegetable oil
1 lb (500 g)	Boneless skinless chicken breasts, cubed
1 cup (250 mL)	UNCLE BEN'S® Jasmine Rice or UNCLE BEN'S® Whole Grain Brown Rice (Nutritionally recommended)
1	Large carrot, thinly sliced diagonally
2	Zucchini, thinly sliced in rings
1/2 lb (250 g)	Snow peas
1/4 tsp (1 mL)	Salt-free garlic and herb seasoning blend
1	Green onion, finely chopped
2 tbsp (30 mL)	Finely chopped fresh cilantro
4	Lime wedges

FLAVOUR TIP: Get creative! Swap out chicken for fish, add fish sauce and a bit Thai chili. YUM!

NUTRITIONAL INFORMATION

Per serving, 1/4 of recipe

Calories	Fat	Carbohydrates	Sugar	Fibre	Sodium	Protein
440	8g	55g	7g	3g	300mg	38g