

Gateway Academy (Christian County)

Southwest Grain Bowl with Corn & Black Bean Pico de Gallo & Creamy Tomatillo Dressing

Ingredients: 6

Grain Bowl:

18 oz.	chicken, cut into fajita strips
½ cup	white rice, uncooked
½ cup	red quinoa, uncooked
½ cup	white quinoa, uncooked
¾ cup	grape tomatoes, halved
¾ cup	avocado, diced
¾ cup	queso fresco, crumbled
1 oz.	cilantro, leaves only
1½ Tbsp	Mrs. Dash seasoning
3 cups	corn and black bean pico de gallo
1 ½ cup	creamy tomatillo dressing

Creamy Tomatillo Dressing:

1 cup	mayonnaise, low fat
¾ cup	buttermilk
2 Tbsp	ranch powder - spice blend
2	tomatillos, hulled and cut in half
2 oz.	cilantro, rough chop
1 Tbsp	lime juice
2	garlic cloves
2	jalapenos, stemmed and seeded

Corn and Black Bean Pico de Gallo:

2 cups	canned low sodium black beans, drained and rinsed
1½ cup	fresh corn, cut off the cob
1 cup	Roma tomatoes, diced
¾ cup	green bell pepper, seeded and diced small
½ cup	red onion, diced small
1	garlic clove, minced
2 Tbsp	cilantro, minced
¼ cup	olive oil
¼ cup	red vinegar
2 Tbsp	lime juice
1 tsp	black pepper, ground
1 tsp	kosher salt

Directions

Grain Bowl:

1. Cook grains according to packing instructions. Add 1½ Tbsp of Mrs. Dash into water before cooking rice in it. Mix grains once cooked. Hold hot, at 135 degrees or above, until service.
2. Wash and slice grape tomatoes.
3. Dice avocados.
4. Crumble queso fresco.
5. Remove cilantro leaves from stems.
6. Lay chicken out on a sheet tray and bake according to package instructions. Verify that it reaches 165 degrees minimum internal temperature. Hold above 135 degrees until ready for service.
7. To assemble final dish, scoop 1½ cup mixed grains, 3 oz. chicken, 2 Tbsps each of grape tomatoes, avocado, and queso fresco, and ½ cup of pico. Serve with ¼ cup of cilantro dressing on the side. Garnish with cilantro leaves.

Creamy Tomatillo Dressing:

1. Rinse and dry all produce.
2. Place all ingredients in a blender and blend on medium speed until smooth.
3. Store in the refrigerator until service.

Corn and Black Bean Pico de Gallo:

1. Blanch and shock corn.
2. Cut corn off cobs.
3. Mix all ingredients together.
4. Store in an airtight container.

Nutritional Value: calories: 633, saturated fat: 5g, sodium: 713mg