



Adobo Grilled Chicken Salad in a Tortilla Bowl

READY IN



45 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon achiote powder
- 15 ounce pinto beans drained and rinsed canned
- 2 chipotle chiles in adobo chopped (remove the seeds to make it less spicy)
- 4 servings coarse salt and pepper black freshly ground
- 1 tablespoon parsley flakes dried
- 0.5 cup feta cheese crumbled
- 0.3 cup cilantro leaves fresh chopped
- 4 garlic cloves minced
- 1 tablespoon garlic powder

- 5 cups mesclun greens mixed
- 0.5 tablespoon ground cumin
- 1 tablespoon lemon pepper
- 4 servings lime wedges for serving
- 4 10-inch multi-grain tortillas whole-wheat ()
- 2 tablespoons olive oil plus more for drizzling
- 1 tablespoon onion powder
- 1 tablespoon oregano dried
- 1 tablespoon salt
- 6 chicken breasts boneless skinless
- 3 medium tomatoes chopped
- 0.5 cup water
- 0.5 medium onion yellow chopped

Equipment

- bowl
- frying pan
- oven
- baking pan
- tongs
- grill pan
- pastry brush

Directions

- Preheat the oven to 400 degrees F.
- Place a small dish of water next to your work surface. To make the tortilla bowls, place 4 empty (15-ounce) cans, open side down, on a baking pan. Using a pastry brush, soften the tortillas by brushing both sides with a little water, and then brush with 1 tablespoon of the olive oil. Drape the tortillas over the cans and bake until firm, about 5 to 7 minutes. Using tongs, turn the tortilla bowls right side up, discard the cans, and continue to bake until golden

and crisp, another 4 minutes.

- Heat the remaining tablespoon of oil in a large skillet over medium heat.
- Add the onion and cook until soft and translucent, about 4 minutes. Stir in the garlic and cook until it's fragrant, about 1 minute. Season with salt and pepper.
- Add the tomatoes, chipotles with adobo sauce, and 1/2 cup water, cooking until slightly thick, about 5 minutes, stirring occasionally.
- Mix in the beans and cook until heated through, season with salt and pepper.
- Remove from the heat.
- Place the tortilla bowls right side up on plates and fill each with a handful of greens. Divide the bean mixture between the tortilla bowls and top with a sprinkle of feta. Fan the sliced chicken on top and garnish with chopped cilantro.
- Drizzle with a little olive oil and serve with lime wedges.
- Delicioso Adobo Grilled Chicken
- Combine all of the ingredients in a small glass jar with an airtight lid and shake to blend. Store in a cool, dry place for up to 2 weeks.
- Season chicken with the adobo seasoning.
- Heat a grill pan to medium heat and spray with nonstick cooking spray or drizzle with oil.
- Place the chicken on the grill pan and cook for 3 to 5 minutes on each side depending on the size of the breasts.
- Note: This recipe for adobo is a staple seasoning for many of my Latin recipes. You can make a large batch, store it in an airtight container and use it as a flavor enhancer in your favorite dishes.

Nutrition Facts



Properties

Glycemic Index:102.92, Glycemic Load:7.51, Inflammation Score:-10, Nutrition Score:42.409565422846%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 22.53mg, Apigenin: 22.53mg, Apigenin:

22.53mg, Apigenin: 22.53mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin:
2.35mg, Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg Kaempferol: 2.57mg, Kaempferol:
2.57mg, Kaempferol: 2.57mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin:
0.3mg Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg

Nutrients (% of daily need)

Calories: 459.43kcal (22.97%), Fat: 16.75g (25.77%), Saturated Fat: 4.68g (29.25%), Carbohydrates: 31.22g (10.41%),
Net Carbohydrates: 21.65g (7.87%), Sugar: 5.13g (5.7%), Cholesterol: 125.17mg (41.72%), Sodium: 2487.99mg
(108.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.97g (93.95%), Vitamin K: 216.13µg (205.84%),
Vitamin B3: 19.25mg (96.23%), Vitamin A: 4532.96IU (90.66%), Vitamin B6: 1.7mg (85.18%), Selenium: 59.17µg
(84.53%), Manganese: 1.29mg (64.56%), Phosphorus: 593.03mg (59.3%), Potassium: 1506.28mg (43.04%), Fiber:
9.58g (38.32%), Vitamin C: 29.61mg (35.9%), Magnesium: 140.42mg (35.1%), Folate: 134.97µg (33.74%), Iron:
5.34mg (29.69%), Vitamin B5: 2.96mg (29.64%), Vitamin B2: 0.47mg (27.75%), Calcium: 258.52mg (25.85%),
Vitamin E: 3.6mg (24%), Copper: 0.41mg (20.67%), Vitamin B1: 0.3mg (19.97%), Zinc: 2.81mg (18.73%), Vitamin B12:
0.66µg (10.93%), Vitamin D: 0.24µg (1.63%)