

CopyCat Taco Bell Power Bowl

Ingredients

Rice:

1 package Knorr Mexican or Spanish rice

Avocado Ranch Sauce

$\frac{1}{2}$ cup sour cream

$\frac{1}{3}$ cup buttermilk

$\frac{1}{2}$ cup ripe avocado

1 teaspoon chopped garlic

2 teaspoons lime juice

2 teaspoons dry ranch dressing mix

Chicken:

$\frac{1}{2}$ pound chicken breast

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon ground black pepper

2 teaspoons olive oil

Guacamole:

2 small or 1 large avocado

2 teaspoons lime juice

1 tablespoon diced red onion

1 teaspoon diced tomato

$\frac{1}{2}$ teaspoon salt

Vegetable Toppings:

1 15-ounce can black beans, drained and rinsed

1 tomato, chopped (use 1 teaspoon of this in the guacamole)

$\frac{1}{2}$ cup shredded Cheddar cheese

$\frac{1}{2}$ cup low fat sour cream

2 cups shredded lettuce

Directions

Cook the rice according to the package directions.

To make the avocado ranch sauce: Place the sour cream, buttermilk, avocado, garlic, lime juice, and dry ranch dressing mix into a blender. Puree until smooth. Pour the sauce into a small airtight container.

Season the chicken with salt and pepper. Then heat a skillet over medium heat, and add oil. When the oil is hot, cook the chicken for 7 to 9 minutes per side, or until it is cooked through. The actual time will depend on the thickness of your chicken breast. Remove the chicken from the skillet and allow it to rest for about 3 minutes before slicing it into thin strips.

Mash the avocado in a bowl. Add lime juice, onions, tomatoes, and salt. Stir gently to combine.

Place the cooked rice in the bottom of a bowl. Over the rice, add a portion of sliced chicken, black beans, guacamole, tomatoes, sour cream, cheese, and lettuce. Drizzle the avocado ranch sauce on top.