5 Minute Lunch

BBQ Ranch Corn & Chicken Grain Bowl

no cooking required

In your box
8 oz. Cooked Brown Rice
2 Green Onions
6 oz. Roasted Chicken Breast
1 ½ oz. BBQ Sauce
3 oz. Corn Kernels
1 oz. Crispy Fried Onions
1 ½ oz. Ranch Dressing

Make the Grain Bowl
• Thoroughly rinse produce and pat dry.
• Trim and thinly slice green onions.
• Microwave chicken until warm, 1-2 minutes. Combine with BBQ sauce.
• Remove rice from packaging. Place in a microwave-safe bowl with corn and 2 Tbsp. water. Cover with a damp paper towel. Microwave until warm, 2 minutes.
• Fluff rice with a fork and stir in green onions.
• Top rice mixture with chicken and crispy onions. Drizzle dressing over grain bowl. Bon appétit!

NUTRITION per serving Calories: 588, Carbohydrates: 72g, Fat: 22g, Protein: 22g, Sodium: 912mg.
CONTAINS milk, eggs, wheat
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.