# Speedy Sweet and Sour Chicken Rice Bowl

**Author:** Holley Grainger  
**Prep Time:** 10 minutes  
**Cook Time:** 20 minutes  
**Yield:** 1 person  

## INGREDIENTS

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1. 8.8-oz pouch precooked whole grain rice (such as Uncle Ben’s Microwaveable Ready Rice)  
2. 2 ounces chopped cooked chicken breast (warmed, about 1/3 cup)  
3. 3 Tbsp green and red bell pepper strips  
4. 3 Tbsp pineapple chunks  
5. 1 Tbsp sweet and sour sauce  
6. Optional: chopped green onions

## INSTRUCTIONS

1. Cook rice according to package directions.  
2. Toss chicken, bell pepper, pineapple and sweet and sour sauce in a small bowl. Add chicken mixture to the cooked rice pouch. Sprinkle with sliced green onions, if desired. Serve immediately.
4 Ingredient Slow Cooker Chili

Yield

Serves 6

Ingredients

- 1 pound 85/15 ground beef
- 1 to 2 tablespoons chili powder
- 2 cans mild or medium chili beans (I use Bush’s)*
- 1 jar tomato and basil spaghetti sauce (I use either Classico or ALDI SimplyNature brand)*

Directions

1. Cook ground beef and drain.
2. Combine cooked beef with remaining ingredients in a slow cooker. Cook on HIGH 4 to 5 hours or on LOW 8 hours.

*While brand choice sometimes doesn’t matter in recipes, my experience is that it does matter in really short ingredients lists. Quality can differ, as can flavor and texture and with only a few ingredients, it can make a big difference in the final dish. I’ve recommended these three brand choices because they’re what I always use and my family loves this dish. I have no paid affiliation with any of these brands at this time.

Click for nutritional information [https://healthyaperture.com/categories]

Calories 330
Carbohydrates 27.3g
Fiber 7g
Sugar 12g
Fat 13.2g
Protein 22.8g
Sodium 805mg
**Sheet Pan Chicken Nachos**
(Perfect for a snack or double portions for an entrée)

**INGREDIENTS**

1–2 ounces tortilla chips

2–3 ounces grilled chicken breast strips (tip: The Fresh Market has $5 rotisserie chickens on Thursdays)

1/4 cup black beans (rinsed and drained)

1/4 cup fresh corn kernels (about 1 ear if corn) or canned corn, drained

1/4 cup shredded pepper Jack cheese

1/2 cup grape tomatoes (halved)

1/2 ripe avocado (cut into slices)

2 Tbsp fresh cilantro (roughly chopped)

**INSTRUCTIONS**

Spread tortilla chips evenly on a sheetpan. Top with chopped chicken, black beans, corn kernels and cheese. Note: Recipe can easily be doubled.

Broil for 3 minutes or until cheese is melted.

Top with tomatoes, avocado and cilantro. Serve immediately.

- *Recipe from Holley Grainger, MS, RD, UA Alum and Professional Recipe Developer*
Not only is this dish quick and easy, but this sheet pan spin on a Chinese takeout favorite is also a crowd-pleaser. The marinade is so flavorful that the beef needs to spend only a few minutes soaking it up. Use quick-cooking, boil-in-bag brown rice or ready-to-heat brown rice pouches to keep the rest of dinner as simple as the entree.

**Sheet Pan Beef and Broccoli**

Serves 4

Ingredients:

6 Tbsp. low-sodium soy sauce

1 Tbsp. rice wine vinegar

1 Tbsp. sesame oil

1 Tbsp. brown sugar

1 Tbsp. minced garlic

1 Tbsp. minced ginger root or ginger paste

1 lb. flank steak

1 (12-oz.) bag fresh broccoli florets

2 tsp. cornstarch

3 cups hot cooked brown rice