

# LITA'S PERUVIAN BOWL

*With Fresh Green Sauce*



**Serves:** 4

**Skill Level:** Easy

**Time:**

Hands on (active): 25 min

Flavor Fusion Time (inactive): 0 min

## **Ingredients:**

### **For Bowl:**

Two ears of corn  
One sweet potato, cubed  
One 15.5 -ounce can of black beans  
Half a rotisserie chicken, shredded  
One Tablespoon of Fennel and Fire Lita's Peruvian spice blend  
Two cups brown or white rice cooked (may be made ahead of time)

### **For Healthy Green Sauce: ( may be made up to five days before)**

One 5.5 oz container of plain Greek yogurt  
One small jalapeno (seeded for less heat, or use seeds for more heat)  
One clove of garlic  
One bunch of cilantro  
Half a lime  
One tablespoon of olive oil  
Half a Tablespoon of Fennel and Fire Lita's Peruvian Spice Blend  
Fennel and Fire Herb Salt to taste

## **Instructions:**

1. Prepare rice according to directions.
2. Preheat oven to 350 degrees. Place cubed sweet potatoes on a baking sheet. Bake for approx 20 min or until tender.
3. Make the Fresh Green Sauce (this may be made up to two days before)
  - a. Add all ingredients to a blender or food processor. Blend until smooth. Adjust seasoning with more lime juice or spices as needed.
2. Microwave two ears of corn in husk for 4 min. Remove to cool. Once cool enough to handle, remove the husk and cut the kernels from the ear of corn. Set aside
3. Microwave beans in a covered bowl until warmed through.
4. Place a skillet on medium heat with 1 Tablespoon of Olive oil. Add 1 Tablespoon of Lita's Peruvian spice to the warm oil and stir for about 20 -45 sec for the spices to bloom. Add the chicken, stir to coat with the spiced oil, and warm until heated through.
5. Build the bowl, placing rice on the bottom and then a row of sweet potatoes, corn, shredded chicken, and black beans. Drizzle with healthy green sauce.

## **Tips:**

Char the corn in a dry cast Iron skillet before heating the chicken  
Crisp the chicken skin in an oven at 350 degrees for about 7-10 min, and serve on the side.

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