



# Wholesome Burrito Bowl

4 Servings

## INGREDIENTS

2 cups whole grains, such as:

- Brown rice
- Quinoa
- Cauliflower rice

Fajita seasoning:

- 3 Tablespoons chili powder
- 2 Tablespoons ground cumin
- 1 Tablespoon paprika
- 2 Tablespoons garlic powder
- 1 ½ Tablespoons salt
- ½ Tablespoon freshly ground black pepper

1 cup protein, such as:

- Fajita steak
- Fajita chicken
- Black beans

1 cup vegetables, such as:

- Bell peppers, sautéed
- Onions, sautéed
- Corn
- Tomato, diced
- Cilantro, chopped

2 cups leafy greens, such as:

- Romaine lettuce
- Spinach

¼ cup healthy fat, such as:

- Avocado, sliced
- Queso fresco, crumbled

Cilantro-lime vinaigrette:

- 2 limes
- ½ cup extra virgin olive oil
- 2 cups cilantro
- 4 cloves garlic
- 1 cup nonfat plain Greek yogurt

## Nutrition Facts

4 servings per container

Serving size 1 bowl

Amount per serving

**Calories 480**

% Daily Value\*

Total Fat 23g 29%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 100mg 33%

Sodium 450mg 20%

Total Carbohydrate 32g 12%

Dietary Fiber 3g 11%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 36g

Vitamin D 0mcg 0%

Calcium 198mg 15%

Iron 2mg 10%

Potassium 672mg 15%

\*The % Daily Value tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.

## DIRECTIONS

1. Cook the whole grain according to package directions.
2. Mix ingredients for fajita seasoning into a small bowl.
3. Season meat with fajita seasoning. For skirt steak, sear over high heat for 2-3 minutes each side (internal temperature of 135°F). For chicken, bake at 400°F for 20 minutes (internal temperature of 165°F).
4. Slice the bell peppers and onions into strips. Add to a skillet with a drizzle of olive oil. Sprinkle with 2 Tablespoons fajita seasoning. Cook over medium-high heat until tender.
5. Prepare the fresh vegetables and toppings.
6. Place ingredients for cilantro-lime dressing into a blender and blend until smooth.
7. Layer each ingredient into a large bowl. Each bowl should consist of ½ cup whole grains, ½ cup leafy greens, ¼ cup mixed vegetables, 2 Tablespoons healthy fat, and ¼ cup protein.
8. Just before serving, drizzle 2 Tablespoons of the dressing on each bowl.

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