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 vegetables, such as:
• Bell peppers, sautéed
• Onions, sautéed
• Corn
• Tomato, diced
• Cilantro, chopped

2 cups leafy greens, such as:
• Romaine lettuce
• Spinach

½ 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

1 cup protein, such as:
• Fajita steak
• Fajita chicken
• Black beans

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.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories</th>
<th>% Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>Total Fat 23g</td>
<td>29%</td>
<td></td>
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<tr>
<td>Saturated Fat 5g</td>
<td>25%</td>
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<tr>
<td>Trans Fat 0g</td>
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<tr>
<td>Cholesterol 100mg</td>
<td>33%</td>
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<tr>
<td>Sodium 450mg</td>
<td>20%</td>
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<tr>
<td>Total Carbohydrate 32g</td>
<td>12%</td>
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<tr>
<td>Dietary Fiber 3g</td>
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<tr>
<td>Total Sugars 3g</td>
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<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
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<tr>
<td>Protein 35g</td>
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*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.

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