

Burrito Bowl

Burrito bowls have become a staple for many people—they are quick, tasty, and versatile. Use whatever leftovers, frozen, or fresh ingredients you have lying around. For this Quick Burrito Bowl, use the following formula.

Base (brown rice or other whole grain)

Vegetables (cooked or raw)

Protein (beans, lean meat, or seafood)

Toppings (salsa, cheese, spices)

Serves 1

Serving size: 1 bowl

Prep time: 10 minutes

Cook time: 5 minutes

Total time: 15 minutes

Ingredients

- 1 cup brown rice, cooked
- 1 cup frozen or fresh sliced onions and peppers, cooked
- 1/2 cup cherry tomatoes, halved
- 1 cup lettuce, chopped
- 1/2 cup black beans, rinsed and drained
- 2 Tablespoons salsa
- 1 Tablespoon nonfat, plain Greek yogurt
- 1 Tablespoon reduced-fat, shredded cheddar cheese
- **Optional toppings:** cilantro, lime wedges, green onions, red onion, hot sauce



Directions

1. Measure cooked brown rice and place into a medium to large size bowl.
 - If rice is not cooked, cook according to package directions.
2. Preheat a small skillet over medium heat. Place sliced onions and peppers into warm skillet and cook for about 5 minutes, or until vegetables are slightly soft. Place on top of cooked rice.
3. Wash and rinse lettuce and cherry tomatoes. Chop or slice vegetables to your preference. Place on top of brown rice.
4. Drain and rinse a can of black beans. Place 1/2 cup on top of brown rice and vegetable mixture.
5. Add desired toppings (optional), such as salsa; nonfat, plain Greek yogurt; reduced-fat, shredded cheddar cheese; cilantro; lime wedges; green onions; or red onions.

Nutrition Facts

Serves 1
Serving size 1 bowl (533g)

Amount per serving
Calories 433

% Daily Value*

Total Fat 6g	9%
Saturated Fat 3g	12%
Trans Fat 0g	
Cholesterol 13mg	4%
Sodium 503mg	21%
Total Carbohydrate 76g	25%
Dietary Fiber 12g	47%
Total Sugars 7g	
Protein 21g	43%
Vitamin D 0mcg	0%
Calcium 265mg	27%
Iron 3mg	18%
Potassium 706mg	20%
Phosphorus 262mg	26%

* The % Daily Value (DV) 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.