

## THE DIETITIANS NETWORK OF NOVA SCOTIA

### Burrito Bowls

These burrito bowls are based on the chicken burrito bowl available at many Mexican fast food restaurants. Unlike their fast food counterpart, these burrito bowls are a healthy lunch or dinner option.

<b>Recipe Name:</b>	Burrito Bowls
<b>Recipe by:</b>	Antonia Harvey, RD
<b>Short description of recipe:</b>	They are packed with lean protein, whole grains, and veggies. The toppings are customizable and the whole family can enjoy building their own bowl.
<b>Serves</b>	4
<b>Ingredients:</b>	<p>2 small boneless, skinless chicken breasts, chopped 2 tablespoons homemade taco seasoning (see recipe below) 2 teaspoons canola oil 1 orange pepper, cored and thinly sliced 1 yellow pepper, cored and thinly sliced 1 green pepper, cored and thinly sliced 1 small onion, thinly sliced</p> <p>4 cups of cooked brown rice 1 avocado, peeled, cored, and diced 1 tomato, diced 1 14oz can of black beans, drained and rinsed well 4 cups of cooked brown rice</p> <p>Toppings</p> <p>Grated cheddar cheese Salsa Chopped fresh cilantro Lime wedges</p> <p>Homemade Taco Seasoning</p> <p>2 tablespoons chili powder ½ teaspoon garlic powder ½ teaspoon onion powder ½ teaspoon oregano 1 teaspoon paprika 1 tablespoon cumin 2 teaspoons ground black pepper</p>

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<b>Instructions:</b>	<ol style="list-style-type: none"><li>1. In a large bowl, toss the chicken with the canola oil until well coated. Add 2 tablespoons of the homemade taco seasoning and toss until the chicken is well coated.</li><li>2. In a large frying pan, stir-fry the seasoned chicken until no longer pink on the outside. Add the peppers and onions and continue to stir-fry until the chicken is cooked all the way through and the vegetables are tender.</li><li>3. Build each burrito bowl by topping 1 cup of brown rice with <math>\frac{1}{4}</math> of the chicken, cooked vegetables, tomato, avocado, and beans. Add desired toppings.</li></ol>
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