

Wholesome Burrito Bowl

4 Servings • 1 Serving = 1 Bowl

Tips on Avocado



How To Store

Store avocado on countertop if not ripe. Once ripe, refrigerate.

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 ¹/₂ Tablespoons salt

DIRECTIONS

¹/₂ Tablespoon freshly ground black pepper

2 cups leafy greens, such as:

- **Romaine** lettuce
- Spinach

 $\frac{1}{2}$ cup healthy fat, such as:

- Avocado, sliced Queso fresco, crumbled

Cilantro-lime vinaigrette:

- 2 limes ¹/₂ cup extra virgin olive oil
- 2 cups cilantro
- 4 cloves garlic

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,

Place ingredients for cilantro-lime dressing into a blender and blend

Layer each ingredient into a large bowl. Each bowl should consist of ¹/₂

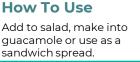
cup whole grains, ¹/₂ cup leafy greens, ¹/₄ cup mixed vegetables, 2

Just before serving, drizzle 2 Tablespoons of the dressing on each

Cook the whole grain according to package directions. Mix ingredients for fajita seasoning into a small bowl.

bake at 400°F for 20 minutes (internal temperature of 165°F). 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

1 cup nonfat plain Greek yogurt





Health Benefits

Promotes heart health & healthy cholesterol levels. Lowers risk of some cancers.

Nutrition F	acts
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 35g	
Vitamin D 0mcg	0%
Calcium 198mg	15%
Iron 2mg	10%
Potassium 672mg	15%
*The % Daily Value tells you how much a r	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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bowl.

until smooth.

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over medium-high heat until tender.

Prepare the fresh vegetables and toppings.

Tablespoons healthy fat, and ¼ cup protein.

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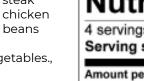
The Culinary Nutrition Education Program Of The San Antonio Food Bank sandwich spread.

1 cup protein, such as:

- Fajita steak
- Fajita chicken
 - Black beans

1 cup vegetables.. such as:

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



Bell peppers,