

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.



How To Use

Add to salad, make into guacamole or use as a sandwich spread.



Health Benefits

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

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

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

1 cup vegetables, such as:

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

DIRECTIONS

- Cook the whole grain according to package directions.
- Mix ingredients for fajita seasoning into a small bowl.
- 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).
- 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.
- Prepare the fresh vegetables and toppings.
- Place ingredients for cilantro-lime dressing into a blender and blend until smooth.
- 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.
- Just before serving, drizzle 2 Tablespoons of the dressing on each bowl.

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 35g	
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.



FIND MORE RECIPES

SCAN THE QR CODE OR VISIT
chefsfa.org/recipes



www.chefsfa.org
5200 Historic Old Hwy 90
San Antonio, TX 78227

The Culinary Nutrition Education
Program Of The San Antonio Food Bank

This institution is an equal opportunity provider.



Supplemental
Nutrition
Assistance
Program