



Wholesome Burrito Bowl – School Edition

4 Servings

INGREDIENTS

2 cups whole grains, such as:

- Brown rice
- Quinoa
- Cauliflower rice
- Baked tortilla strips

2 cups leafy greens, such as:

- Romaine lettuce
- Spinach

1 cup vegetables, such as:

- Tomato, diced
- Corn
- Bell pepper, diced
- Red onion, diced

½ cup healthy fat, such as:

- Cotija cheese
- Avocado, sliced
- Queso fresco, crumbled

1 cup protein, such as:

- Black beans
- Pinto beans
- Fajita steak
- Fajita chicken

Cilantro-lime vinaigrette:

- Juice of 1 lime, to make ¼ cup of juice
- ½ cup extra virgin olive oil
- 1 cup cilantro, chopped
- ¼ teaspoon salt
- ¼ teaspoon black pepper

DIRECTIONS

1. Cook the whole grain according to package directions.
2. Prepare the fresh vegetables and toppings.
3. Place ingredients for cilantro-lime vinaigrette into a bowl and whisk until smooth.
4. 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 fats, and ¼ cup protein.
5. 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 590
	% Daily Value*
Total Fat 37g	47%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 440mg	19%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 185mg	15%
Iron 2mg	10%
Potassium 627mg	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.

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