



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, drained and rinsed
- Bell pepper, diced
- Red onion, diced

½ cup healthy fat, such as:

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

1 cup protein, such as:

- Black beans, drained and rinsed
- Pinto beans
- Fajita steak or 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. Combine 1 cup of rice and 2 cups of water in a saucepan and bring to a boil. Cover the saucepan and reduce heat to low. Simmer for 35-45 minutes or until water is absorbed. Remove from heat and let stand covered for 5 minutes. Fluff with a fork and set aside.
2. While the rice is cooking, dice the tomato and chop the lettuce.
3. Drain and rinse the cans of corn and beans.
4. Crumble the queso fresco.
5. Place ingredients for cilantro-lime vinaigrette into a bowl and whisk until smooth.
6. Layer each ingredient into four small bowls. Each bowl should consist of ½ cup brown rice, ½ cup of lettuce, ¼ cup corn, ½ tomato, 2 Tablespoons of queso fresco, and ¼ cup black beans.
7. 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 5mcg	0%
Calcium 165mg	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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