



Fully Loaded Burrito Bowl



Entire recipe: 317 calories, 5.5g total fat (2g sat fat), 603mg sodium, 37.5g carbs, 10g fiber, 14g sugars, 33.5g protein

Freestyle™ [SmartPoints®](#) value 1*

[SmartPoints®](#) value 3*

Prep: 15 minutes **Cook:** 20 minutes

Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#)



Ingredients

2 cups roughly chopped cauliflower
2 tbsp. chopped cilantro
2 tsp. lime juice
One 3-oz. raw boneless skinless chicken breast cutlet, pounded to 1/2-inch thickness
1 tsp. taco seasoning mix
1/2 cup chopped onion
1/2 cup chopped bell pepper
3 tbsp. canned black beans, drained and rinsed
2 tbsp. shredded reduced-fat Mexican blend cheese
2 tbsp. fresh salsa with less than 90mg sodium per 2-tbsp. serving
1 tbsp. fat-free plain Greek yogurt

Directions

Pulse cauliflower in a blender until reduced to rice-sized pieces. Transfer to a medium bowl. Add cilantro and lime juice, and mix well.

Bring a skillet sprayed with nonstick spray to medium heat. Season chicken with 1/2 tsp. taco seasoning, and add to the skillet. Cook for about 4 minutes per side, until cooked through. Remove from skillet, and cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray, and bring to medium-high heat. Add cauliflower mixture, and cook and stir until mostly softened and lightly browned, about 5 minutes. Transfer to a medium bowl, and cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray, and return to medium-high heat. Add onion and bell pepper, and sprinkle with remaining 1/2 tsp. taco seasoning. Cook and stir until softened and slightly blackened, about 4 minutes.

Add black beans and cook and stir until hot, about 1 minute. Transfer to the medium bowl with cauliflower, and immediately top with cheese.

Chop chicken, and add to the bowl.

Top with salsa and yogurt.

MAKES 1 SERVING

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.