



Breakfast Burrito Bowl



Entire recipe: 320 calories, 9.5g total fat (3.5g sat fat), 755mg sodium, 34.5g carbs, 11g fiber, 10g sugars, 27.5g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 10 minutes **Cook:** 15 minutes



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

2 cups roughly chopped cauliflower or 1 1/2 cups [riced cauliflower](#)
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/8 tsp. ground cumin
Dash each salt and black pepper
1 tbsp. finely chopped fresh cilantro, or more for topping
1/4 cup chopped bell pepper
1/4 cup chopped onion
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
1/4 cup canned black beans, drained and rinsed
3 tbsp. shredded reduced-fat Mexican-blend cheese
1/4 cup chopped tomatoes
1 oz. (about 2 tbsp.) chopped avocado

Directions

If starting with roughly chopped cauliflower, pulse in a blender until reduced to rice-sized pieces, working in batches as needed.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add riced cauliflower, 1/4 tsp. garlic powder, 1/4 tsp. onion powder, cumin, salt, and black pepper. Cook and stir until softened, about 5 minutes. Transfer to a medium bowl, stir in cilantro, and cover to keep warm.

Remove skillet from heat; clean if needed. Respray and bring to medium heat. Add bell pepper and onion. Cook and stir until slightly softened, about 3 minutes.

Add egg, remaining 1/4 tsp. garlic powder, and remaining 1/4 tsp. onion powder. Cook and scramble until veggies are soft and egg is fully cooked, about 2 minutes.

Add beans, and cook and stir until hot, about 1 minute.

Transfer to the medium bowl, and sprinkle with cheese.

Top with tomatoes and avocado.

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.