



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

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



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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

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