



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

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

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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

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