



Fully Loaded Burrito Bowl



Entire recipe: 297 calories, 5.5g total fat (2g sat. fat), 577mg sodium, 32g carbs, 8.5g fiber, 12g sugars, 31.5g protein

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

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Ingredients

- 1 3/4 cups [Green Giant® Riced Cauliflower](#)
- 2 tbsp. chopped cilantro
- 2 tsp. lime juice
- One 3-oz. raw boneless skinless chicken breast cutlet
- 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

Bring a skillet sprayed with nonstick spray to medium heat. Add Riced Cauliflower, cilantro, and lime juice. Cook and stir until cauliflower is thawed and hot.

Transfer to a medium bowl, and cover to keep warm.

Pound chicken to 1/2-inch thickness. Remove skillet from heat. Re-spray, and return to medium heat. Season chicken with 1/2 tsp. taco seasoning, and 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 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, and immediately top with cheese.

Chop chicken, and add to the bowl.

Top with salsa and yogurt.

MAKES 1 SERVING

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