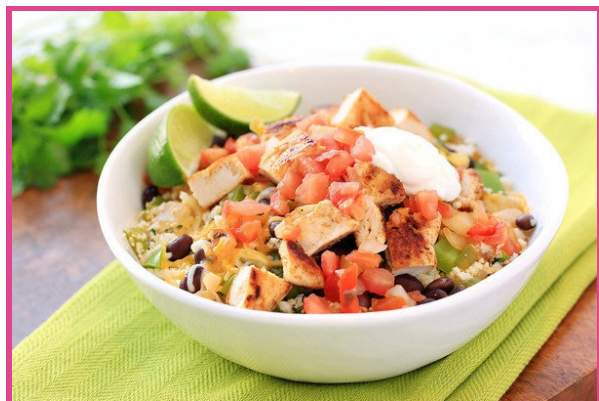




## Fully Loaded Burrito Bowl



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

[Click for WW Points® value\\*](#)

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

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



### 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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