



BURRITO *Bowl*

PREP
10 min

COOK
1 min

TOTAL
11 min

YIELD
1 serving

Ingredients

½ cup precooked or frozen brown rice to quinoa
½ cup cooked black beans
⅛ teaspoon cumin
⅛ teaspoon cayenne
⅛ teaspoon garlic powder
½ cup red cabbage, shredded
3 ounces shredded or chopped leftover chicken or extra-firm tofu
⅓ avocado, chopped
2 tablespoons fresh salsa

Directions

- 1** If using frozen rice, cook according to instructions on package. If using precooked rice, add to beans and reheat in step 2.
- 2** Add black beans, spices, and a splash of water into a microwavable bowl and heat on high for 30 to 45 seconds.
- 3** In a serving dish, layering rice, beans, cabbage, chicken or tofu, and avocado. Top with salsa.

Nutrition Facts: 417 calories, 12g fat, 3g saturated fat, 495mg sodium, 29g carbohydrate, 12g fiber, 5g sugar, 28g protein