

Burrito Bowl with Cilantro Lime Vinaigrette

Serves 6



Ingredients:

Taco Seasoning Spice Mix:

- 1 teaspoon ground cumin
- ½ teaspoon paprika
- ½ teaspoon chili powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon dried oregano
- ¼ teaspoon cayenne or red pepper flakes

For the rice:

- 1 teaspoon olive oil
- ½ red onion, diced small
- ¼ teaspoon taco seasoning spice mix
- 1 cup brown rice
- 2 cups water

For the filling:

- 1-pound boneless, skinless chicken thighs
- 2 Tablespoons olive oil, divided
- 2 ½ teaspoons taco seasoning spice mix, divided
- 2 sweet potatoes, scrubbed and cut into ½-inch cubes
- 1 red bell pepper, cut into strips
- 1 orange bell pepper, cut into strips
- ½ red onion, thinly sliced
- 1 (15-ounce) can low-sodium black beans, drained and rinsed
- Juice of 1 lime

For the cilantro lime vinaigrette:

- ½ cup canola oil
- Juice of 1 lime
- 2 Tablespoons apple cider vinegar
- 1 clove garlic
- 5 scallions
- ½ cup cilantro, tightly packed
- 1 teaspoon honey

Optional toppings:

- Lettuce ribbons, diced tomatoes, sliced or diced avocado, chopped scallion greens, cilantro leaves, yogurt, and/or anything in your refrigerator!

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Instructions:

1. Preheat oven to 375°F.
2. For the spice mix, combine ingredients in a small bowl and stir well.
3. For the brown rice, add the olive oil to a medium saucepan with tight-fitting lid over medium-high heat. Stir in the onions and sauté until translucent, about 3 minutes.
4. Add the rice and $\frac{1}{4}$ teaspoon of the spice mix and stir into the onions for 30 more seconds to toast the grains. Stir in the water and bring the liquid to a boil. Reduce the heat to low, cover the pot, and simmer for 40 minutes until the liquid is absorbed and the grains are tender. Fluff with a fork and taste for doneness.
5. For the filling, set the chicken thighs on one sheet pan, drizzle with 1 Tablespoon of olive oil and sprinkle with half of the remaining taco seasoning mix. Roast the chicken for 25-30 minutes, until a thermometer reads 165°F when inserted into the meat.
6. In a large mixing bowl, drizzle remaining 1 Tablespoon olive oil over the sweet potato, sliced peppers, and onion, add the rest of the taco seasoning spice mix, and toss until evenly coated. Spread the vegetables in a thin layer on another sheet pan. Roast the vegetables for 20-25 minutes, or until the sweet potatoes are fork tender.
7. Once vegetables are removed from the oven, toss drained and rinsed black beans with the roasted vegetables to warm slightly. Squeeze the fresh lime juice over the prepared vegetables. Set aside until ready to assemble bowls.
8. Once chicken is removed from the oven, use two forks to shred the chicken into small pieces. Cover to keep warm until ready to assemble.
9. For the cilantro lime vinaigrette, combine all of the measured ingredients for the dressing in a blender, food processor, or a high-sided container if using an immersion blender. Blend the ingredients until smooth.
10. To assemble, scoop about $\frac{1}{2}$ cup rice into the bottom of a bowl. Add about $\frac{3}{4}$ cup scoop of the roasted vegetables and beans and about $\frac{1}{2}$ cup of shredded chicken. Top with 2 Tablespoons of vinaigrette and optional toppings of your choice. Enjoy!

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Nutrition Facts

Serving Size 1 × 6 Serving

Amount Per Serving

Calories 623.3

% Daily Value*

Total Fat 29.7 g 38 %

Saturated Fat 3.7 g 19 %

Trans Fat 0.1 g

Cholesterol 96.8 mg 32 %

Sodium 353.6 mg 15 %

Total Carbohydrate 59 g 21 %

Dietary Fiber 11.4 g 41 %

Total Sugars 6.6 g

Added Sugars 1 g 2 %

Protein 30.9 g

Vitamin D 0.2 mcg 1 %

Calcium 107.5 mg 8 %

Iron 4.3 mg 24 %

Potassium 865.8 mg 18 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com

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