

# Burrito Bowl with Cilantro Lime Vinaigrette

Serves 6



## Ingredients:

### For the rice:

- 1 teaspoon olive oil
- ½ red onion, diced small
- 1 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 neutral oil (canola, vegetable)
- Juice of 1 lime
- 2 tablespoons apple cider vinegar
- 1 clove garlic
- 5 scallions
- ½ cup cilantro, tightly packed
- 1 teaspoon honey
- Salt and pepper, to taste

### Optional toppings:

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

### 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

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## Instructions:

1. For the brown rice, add the olive oil to a medium saucepot over medium-high heat. Stir in the onions and sauté until translucent, about 3 minutes.
2. Add the rice and 1 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.
3. For the filling: Preheat oven to 375°F. Optional: line two sheet pans with foil or parchment paper.
4. 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.
5. 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.
6. On the second sheet pan, spread the prepared vegetables in a thin layer to cook evenly. Place the sheet pans in the oven. Roast the chicken for 25-30 minutes, until a thermometer reads 165°F when inserted into the meat. Roast the vegetables for 20-25 minutes, or until the sweet potatoes are fork tender.
7. 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. Use two forks to shred the chicken. Cover to keep warm until ready to assemble.
9. For the cilantro lime vinaigrette, combine all of the measured ingredients for the dressing into a tall-sided container, if using an immersion blender, or into a blender. Blend the ingredients together until smooth. Taste and adjust seasoning, if needed.
10. To assemble, scoop about ½ cup rice into the bottom of a bowl. Add about ¾ cup scoop of the roasted vegetables and beans and about ½ cup of shredded chicken. Top with optional lettuce ribbons, tomatoes, avocado, scallion greens, or yogurt, and a drizzle of vinaigrette.

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Burrito Bowl with Cilantro Lime Vinaigrette [Diabetes]		
<b>Nutrition Facts</b>		
<b>Serving Size</b>	<b>1 Serving</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>594.2</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b>	27.5 g	35 %
Saturated Fat	4.6 g	23 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	96.8 mg	32 %
<b>Sodium</b>	449 mg	20 %
<b>Total Carbohydrate</b>	58.5 g	21 %
Dietary Fiber	12.8 g	46 %
Total Sugars	8.4 g	
Added Sugars	1 g	2 %
<b>Protein</b>	30.8 g	
<b>Vitamin D</b>	0.2 mcg	1 %
<b>Calcium</b>	97.4 mg	7 %
<b>Iron</b>	4.4 mg	25 %
<b>Potassium</b>	1200.3 mg	26 %
<small>* 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.</small>		
<small>Full Info at <a href="https://cronometer.com">cronometer.com</a></small>		<small>&lt;/&gt;</small>