



# NAKED BURRITO BOWL

2 servings

## INGREDIENTS:

- 1 cup NAS canned black beans, drained and rinsed
- optional 6 oz chicken breast, uncooked
- 2 teaspoons southwest chipotle no-salt seasoning (double if using chicken)
- 2 oz. avocado (1 mini or 1/5th avocado or 1/4 cup)
- 1/2 cup pico de gallo or salsa\*
- 1 cup frozen riced cauliflower (check no added salt)

\* Pico de gallo is a type of salsa that is chunky with chopped ingredients that are chunky. The lowest sodium varieties are in the marketplace or produce section of grocery stores. Still read label for sodium. Best salsa brand is Newman's Own Salsa both regular and organic with 180 mg sodium for 1/4th cup serving. Other brands with less than 250 mg sodium per serving include, Italian Rose Fresh Salsa, found at Walmart and Costco Organic.

Look for NAS beans. Low sodium beans have 180 mg sodium while NAS have no sodium.

## DIRECTIONS:

### PREP:

1. If using optional chicken, rub both sides of chicken with 2 teaspoons chipotle seasoning. Spray non-stick skillet with spray and heat over medium heat. Once hot, cook chicken for approximately 6 minutes until no longer pink in the center and cooked through, about 6 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F. Cut chicken into strips or bite-sized pieces.

### MAKE:

1. Toss drained black beans with 2 teaspoons chipotle seasoning.
2. Heat cauliflower rice in microwave, don't overcook. Follow package instructions. Let bag sit before opening. It will be hot.
3. Assemble into two individual serving bowls starting with heated rice on bottom layer, then pico de gallo/salsa, beans, optional chicken and finish with avocado on top.
4. Add in additional ingredients to make it to your liking: salsa, avocado or chipotle beans.

### NOTES:

If you are not a fan of avocado, substitute non-fat plain Greek yogurt on top. Fresh squeezed lime and cilantro add a nice touch if you have on hand.



## NUTRITION FACTS

2servings	
<b>Serving size</b>	<b>1 1/4 cups</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>421</b>
	% Daily Value*
<b>Total Fat 7g</b>	<b>9%</b>
Saturated Fat 1.5g	8%
Trans Fat 0mg	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 210mg</b>	<b>12%</b>
<b>Total Carbohydrate 69.5g</b>	<b>25%</b>
Dietary Fiber 18.7g	67%
Total Sugars 5.2g	
<b>Protein 23.5g</b>	