

Chicken and Black Bean Burrito Bowl



Make your own Mexican-inspired chicken burrito bowl with cilantro-lime rice and all the trimmings. This recipe uses black beans, but you can substitute pinto beans if you prefer. With fresh salsa, a squeeze of lime, and creamy Greek yogurt on top of crisp romaine lettuce, no other dressing is needed.

Total Time: 20 min. | **Prep Time:** 20 min. | **Cooking Time:** None | **Yield:** 4 servings

Ingredients:

- 2 cups cooked brown rice, warm
- 1 Tbsp. fresh lime juice
- 2 Tbsp. finely chopped fresh cilantro
- 3 cups chopped romaine lettuce
- 1 cup cooked black beans, warm
- 1½ cups shredded cooked chicken breast, warm
- ½ cup shredded Monterey jack cheese
- 1 cup fresh tomato salsa
- ½ medium avocado, sliced
- 4 Tbsp. low-fat plain yogurt

Preparation:

1. Combine rice, lime juice, and cilantro in a medium bowl; mix well.
2. Evenly divide lettuce between 4 serving bowls.
3. Top evenly with rice mixture, beans, chicken, cheese, salsa, and avocado.
4. Top each bowl with 1 Tbsp. of yogurt; serve immediately.

Nutrition Facts

Amount Per Serving	
Calories	374
Total Fat	11 g
Saturated Fat	4 g
Cholesterol	60 mg
Sodium	644 mg
Total Carbohydrate	40 g
Dietary Fiber	9 g
Sugars	3 g
Protein	29 g

Portions (per serving)

P90X® + P90X2®				
½ Carb and Legume+Tuber	1 Protein	2 Vegetables	½ Fat	
P90X3®				
1 Protein	3 Carbs	1 Fat		
Body Beast®				
1½ Starch	½ Legume	2 Proteins	2 Vegetables	1 Fat
21 Day Fix®				
1½ Green	½ Red	1½ Yellow	1 Blue	