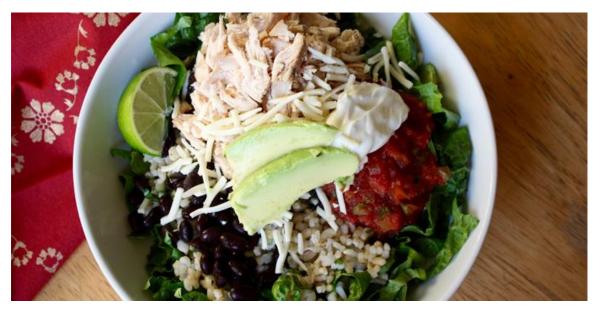
Chicken and Black Bean Burrito Bowl



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

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

Portions (per serving)

P90X® + P90X2®					
1/2 Carb and Legume+Tuber		1 Protein	2 Vegetables	½ Fat	
P90X3**					
1 Protein	3 Carbs	1 Fat			
Body Beas	t ⁿ				
1½ Starch	½ Legume	2 Proteins	2 Vegetables	1 Fat	
21 Day Fix	0				
11/2 Green	½ Red	1½ Yellow	1 Blue		