

Chicken Burrito Bowls

RECIPE BOX

INGREDIENTS

1 LB. BONELESS, SKINLESS CHICKEN
SEASONED WITH HOMEMADE TACO
SEASONING OR FLAVOR GOD SPICY
EVERYTHING
3-4 CUPS CAULIFLOWER
1 CUP CORN(frozen works well)
2 RED BELL PEPPERS
1 ONION, SLICED
1 TOMATO, SLICED
2 TBSP OLIVE OIL
SEA SALT
1 AVOCADO, CUBED OR AVOCADO
CREMA (mix 1/4 cup guacamole with 1/4
cup Greek yogurt, plain)
CILANTRO, AS TOPPING



DIRECTIONS

STEP 1: Place chicken breasts inside saran wrap or plastic bag, flatten with meat mallet for even cooking. Sprinkle with taco seasoning.

STEP 2: Spray 9 x 13 pan with olive oil, place vegetables in 9 x 13 pan. Drizzle vegetables with olive oil and top with sea salt.

STEP 3: Chicken Prep - grill chicken separately OR place in 9 x 13 without touching the vegetables (use wax paper to make a tent over the chicken to keep it moist).

STEP 4: Add vegetables and chicken, diced, to bowl. Top with avocado or avocado crema. Sprinkle with cilantro.

Makes 4 servings.

Nutrition per Serving: Calories 376, Fat 20g, Carbs 23g, Fiber 8g

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