Best Burrito Bowls

Preparation time 30 minutes

Makes 4 servings

Great for meal prep!

Ingredients

Bowls

- 1/2 cup dry quinoa or 1 cup (8 oz package) ready to eat shelf stable cooked quinoa
- 1 cup cooked black beans, drained
- 1/2 cup store-bought fresh tomato salsa
- 1 cup store-bought guacamole (see tip for easy homemade recipe)
- 8 cups shredded lettuce, spinach, or other favorite fresh greens
- 2 cups cooked protein: 1 lb diced chicken, ground turkey or lean beef or 1-2 boiled eggs per bowl

Lime Crema Dressing

- 1 cup plain yogurt
- 2 Tablespoons lime juice
- 1 Tablespoon mayonnaise
- Optional zest from 1 lime

Directions

1. If using dry quinoa, place it in a small pot with 1 cup of water. Bring to a boil, then turn down heat to a simmer, with the lid on.
2. Cook for 15 minutes, or until tender and the water has evaporated. Allow to rest 5 minutes, then fluff with a fork.
3. Make the lime crema dressing in a small bowl by whisking the dressing ingredients together.
4. When ready to serve, warm the beans, quinoa, and protein.

WATCH, TASTE, LEARN Healthy Cooking Class

Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator

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Community Health & Wellness

Our Family – Taking Care of Yours

5. To assemble, divide ingredients among 4 bowls: lettuce, beans, quinoa, guacamole, and salsa. Top with protein of your choice and drizzle each bowl with 1/4 cup lime crema.

Nutrition

- Serving Size about 3 cups
- Calories 525, Carbs 31g (net carbs 22), Sugar 2g, Fiber 9g,
- Sodium 525mg, Potassium 1168mg
- Fat 15g, Saturated fat 3g Protein 31g

Tip

- EASY GUACAMOLE- mash 1 fresh avocado with 1/2 tablespoon lime juice and 1/4 cup fresh salsa – makes about 1 cup

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Prevention Program

- Weekly groups led by a registered dietitian-nutritionist with peer support to keep you motivated.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org.