

# Burrito Bowls

## Ingredients:

- 2 boneless skinless chicken breasts
- Adobo sauce
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 lime juice
- 1 small red onion diced
- 1 cup brown rice
- ½ cup chopped fresh cilantro
- 1 can black beans
- 1 ½ cup frozen corn, thawed
- 2 cups halved cherry tomatoes

## For the Dressing:

- ¼ cup extra-virgin olive oil
- ¼ cup freshly squeezed lime juice plus additional for serving
- 1 teaspoon ground chili powder
- 1 teaspoon ground cumin
- ½ teaspoon kosher salt
- ¼ teaspoon cayenne pepper  
use less or omit if sensitive to spice
- ¼ teaspoon black pepper
- Cilantro

## Toppings:

- Diced avocado or guacamole
- Shredded cheese
- Jalapeno
- Non-fat plain Greek yogurt or sour cream
- Salsa

## Instructions:

1. Place the chicken breasts on a cutting board with some space between and cover with a large piece of plastic wrap. With a mallet, lightly pound the meat to an even thickness. Place in a shallow dish.
2. Top the chicken with the olive oil, salt, pepper, adobo sauce, and lime juice. Rub and turn to coat. Let rest at least 2 hours while you prep the other ingredients or refrigerate for up to 8 hours (let stand at room temperature at least 10 minutes prior to cooking). Preheat an outdoor grill or indoor grill pan to medium high (about 425 °F to 450 °F).
3. Prepare the brown rice according to package directions. Once cooked, fluff with a fork, then transfer to a large mixing bowl
4. To make the dressing, in a small bowl or measuring cup, whisk together the olive oil, lime juice, chili powder, cumin, salt, cayenne, and black pepper.
5. Drizzle over the warm brown rice, then add cilantro, and toss to combine.
6. Lightly oil the grill. Grill the chicken until completely cooked through and the temperature on an instant read thermometer reads 160 °F to 165 °F, about 8 to 12 minutes total, flipping once or twice throughout. The amount of time you need will vary based on the size and thickness of each breast. Remove to a plate, cover, and let rest 5 minutes.
7. Cut into bite-sized pieces
8. Assemble your bowl with all your favorite ingredients and desired toppings.