

Build-Your-Own Burrito Bowl

1 serving

Foods found in the grain group such as bread, pasta, oatmeal, cereal, and tortillas are our body's main source of energy.



Choose 1 Protein: (½ cup)	Choose 1 Starch: (1 cup, cooked according to package directions)	Choose 3 Vegetables: (½ cup of each)	Optional Topping: (1-2 tablespoons)
Cooked Shredded Chicken	Brown Rice	Tomatoes	Salsa
Cooked Shredded Pork	White Rice	Bell Peppers	Low-fat Sour Cream
Cooked Shredded or Ground Beef	Quinoa	Onions	Low-fat Shredded Cheese
Black Beans		Roasted Sweet Potato	Cilantro
		Corn	
		Avocado	
		Jalapeno	
		Lettuce	

1. Wash hands with soap and water.
2. In a shallow bowl, add a protein and a starch to start your burrito bowl.
3. Add three vegetables to your bowl. Depending on preference, use cooked or raw vegetables in your burrito bowl. Feel free to add other vegetables than the ones listed.
4. If desired, add an optional topping(s).

Nutrition Information per Serving: Calories 424, Total Fat 4g, Saturated Fat 1g, Protein 23g, Total Carbohydrate 78g, Dietary Fiber 9g, Sodium 60mg. Recipe was analyzed using shredded chicken, brown rice, tomatoes, corn, sweet potatoes, and jalapeno peppers.

Recipe Source: Nebraska Extension