



Microwaved Vegetarian Burrito Bowl

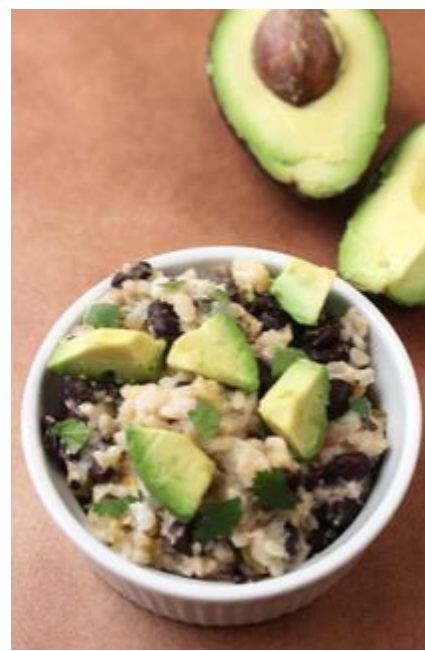
YOU WILL NEED

- 1 cup cooked rice (brown, white, Basmati, etc.)
- 1/2 cup beans (black, pinto, etc.), drained and rinsed
- 2 Tablespoons salsa (or other sauce like Enchilada sauce)
- 1/4 Avocado, diced

Optional Toppings*: Shredded cheese, Sour Cream, Pico de Gallo, Sautéed Veggies, Corn, Etc.

PROCEDURE

1. Prepare rice according to package instructions (See reverse for cooking rice in the microwave)
2. Combine rice, beans, and salsa. Microwave on high for 30-60 seconds, or combine and heat through on the stove.
3. Top with diced avocado and any other desired toppings.
4. Add chicken, tuna, or other meat for a non-vegetarian option.



Nutrition Facts

Serving size: 1 cup
Servings: 2

Amount per serving

Calories **415**

% Daily Value*

Total Fat 4.1g **5%**

Saturated Fat 0.7g **3%**

Cholesterol 0mg **0%**

Sodium 179mg **8%**

Total Carbohydrate 83.4g **30%**

Dietary Fiber 5.3g **19%**

Total Sugars 0.7g

Protein 9.7g

Vitamin D 0mcg **0%**

Calcium 44mg **3%**

Iron 5mg **27%**

Potassium 363mg **8%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe Adapted from Healthy Liv blog

*Nutrition Facts do not include optional toppings.