



# Make-Ahead Burrito Bowls

Prep: 20 minutes | Cook: 10 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 1 container

## Ingredients

- 2 cups cooked whole grain (e.g. quinoa, brown rice, bulgur)
- 1 (7-ounce) can diced green chiles
- 1 (15-ounce) can no-salt-added black beans, drained and rinsed
- 4 cups diced or shredded cooked chicken
- 1 cup corn kernels (cooked from fresh, frozen, or canned; thawed if frozen)
- 4 cups lettuce or salad greens, shredded or chopped if needed
- ½ cup salsa (store-bought or homemade)
- ½ cup nonfat plain Greek yogurt
- ½ cup sliced scallions (green onions; about 3-4 stalks)

## Recipe Notes

- The lettuce or salad greens, salsa, Greek yogurt, and green onion can be added after reheating the bowl if desired. To save time and keep the bowls portable, you can pre-portion them out into their own container(s).
- Substitute another cooked protein for the chicken such as pork, ground turkey, tofu, or steak if desired.

## Directions

1. Gather four microwave-safe food storage containers with lids.
2. Combine the cooked whole grain with the green chiles. Divide this mixture evenly among the four containers.
3. Divide the beans evenly among the four containers.
4. Add 1 cup of the chicken and ¼ of the cup corn to each of the four containers.
5. Add 1 cup of the lettuce or salad greens to each container.
6. Top each container with 2 tablespoons salsa, 2 tablespoons Greek yogurt, and 2 tablespoons scallions.
7. Cover the containers with lids and store in refrigerator until ready to eat, up to 3 days.
8. When ready to eat, microwave each container on high power (default setting) until hot, about 1-3 minutes.
9. Serve warm.

**Nutrition Facts Per Serving: Calories: 470 | Total Fat: 12 g | Saturated Fat: 2.5 g  
Sodium: 440 mg | Total Carbohydrate: 44 g | Dietary Fiber: 7 g | Protein: 45 g**

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