EASY BURRITO BOWLS

This is a great recipe to try if you’re looking for something new to pack for lunch! You can prepare the ingredients the night before, and throw them together into a Tupperware container in the morning. Easy, tasty, and healthy!

**Ingredients:**

- 2 cups cooked brown rice
- 1 cup salsa
- 4 cups chopped Romaine lettuce
- 1 (25-oz) can whole kernel corn, drained
- 1 (15-oz) black beans, drained and rinsed several times
- 3 Roma tomatoes, diced
- 1 avocado, seeded, peeled and diced
- 2 tbsp chopped fresh cilantro leaves

**For the chipotle cream sauce:**

- ½ cup low-fat sour cream
- 1 tbsp chipotle paste
- 1 clove garlic, pressed
- Juice of 1 lime

**Directions:**

1. To make the chipotle cream sauce, whisk together sour cream, chipotle paste, garlic, and lime juice; set aside.
2. In separate bowl, stir salsa in with brown rice; set aside.
3. To assemble the bowls, divide rice mixture into serving bowls; top with lettuce, corn, black beans, tomatoes, avocado and cilantro.
4. Serve immediately, drizzled with chipotle cream sauce.

**Nutrients per serving (Makes 6 servings)**

- Calories: 215
- Fat: 6 g
- Sodium: 265 mg
- Carbohydrate: 28 g
- Fiber: 6 g
- Protein: 6 g

This recipe is high in fiber!

*Recipe taken from: http://damndelicious.net*
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