

Protein-Packed Vegetarian Burrito Bowls

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/burrito-bowls-recipe-southern-living>

Ingredients:

- 4 chile
- 3 cups cooked brown rice
- 1 cup grape tomatoes quartered
- 1 1/2 cups romaine lettuce shredded
- 1/2 Haas avocado ripe, diced, optional
- 1 cup cooked corn
- 2 tablespoons red onion finely chopped
- 1 tablespoon chopped cilantro
- 1 teaspoon lime juice
- 1/8 teaspoon kosher salt
- 1/2 Haas avocado ripe
- 2 tablespoons nonfat plain greek yogurt
- 2 tablespoons cilantro
- 1 1/2 teaspoons lime juice
- 1/2 teaspoon honey
- 2 tablespoons water
- 1/8 teaspoon kosher salt

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 10 milligrams
4. Fat: 13 grams
5. Fiber: 8 grams
6. Protein: 10 grams
7. SaturatedFat: 2 grams
8. Sodium: 340 milligrams

9. Sugar: 6 grams

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