



## Burrito Bowls

Recipe Source: [www.bhg.com](http://www.bhg.com)

Servings: 6

### Ingredients:

4 cups cauliflower florets  
3 TBSP canola oil or olive oil  
½ tsp salt  
1 lb lean boneless pork loin or skinless, boneless chicken breast halves, cut into thin bite size strips  
1TBSP reduced-sodium taco seasoning mix  
Non-stick cooking spray  
1 medium poblano pepper, cut into thin bite-size strips  
2 cups frozen whole kernel corn, thawed  
1 cup canned, reduced-sodium black beans, rinsed and drained  
1 lime  
1 medium avocado, halved, pitted and peeled  
5 cups shredded romaine lettuce  
1 cup refrigerated pico de gallo  
¼ cup shredded reduced-fat Mexican-style four-cheese blend (1 oz)  
Lime wedges and/or chopped fresh cilantro (optional)

### Steps:

- Preheat oven to 425 degrees F. Place cauliflower in a food processor. Cover and pulse several times until cauliflower is evenly chopped into rice-size pieces. (If necessary, process cauliflower in batches). Transfer cauliflower to a foil-lined 15x10-inch baking pan. Drizzle with 1 TBSP of the oil and sprinkle with ¼ tsp salt; toss to coat. Spread cauliflower in an even layer in the pan. Roast, uncovered, 23-25 minutes or until lightly charred, stirring once.
- Meanwhile, in a bowl toss together pork strips or chicken, 2 tsp of the taco seasoning, and the remaining ¼ tsp salt. Coat an extra-large nonstick skillet with cooking spray; heat over medium high heat. Cook pork/chicken and poblano pepper in a hot skillet, 4-6 minutes or until pork is just slightly pink, stirring occasionally. Reduce heat to medium-low. Add corn and beans; cook about 2 minutes or until heated. Remove ½ tsp zest and squeeze 3 TBSP juice from lime. In a bowl mash together avocado and lime zest. In another bowl whisk together the remaining 2 TBSP oil, remaining 1 tsp taco seasoning, and the lime juice.
- Divide lettuce among six serving bowls. Top with cauliflower and pork mixture. Spoon avocado mixture into center of bowls. Top with pico de gallo and cheese. Drizzle with the lime juice mixture. If desired, serve with lime wedges and/or cilantro.

**Nutritional Facts:** Calories: 334 , Carbohydrates: 31 grams, Protein: 26 grams, Total Fat: 15 grams, Saturated Fat: 2 grams, Cholesterol: 45 mg, Sodium: 604 mg, Fiber: 7 grams, Total Sugars: 6 grams.