

## Ingredients For the Burrito Bowls:

- 2 boneless skinless chicken breasts
- Adobo sauce
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 lime juice
- 1 small red onion diced
- 1 cup brown rice
- ½ cup chopped fresh cilantro
- 1 can black beans
- 1 ½ cup frozen corn, thawed
- 2 cups halved cherry tomatoes

## Ingredients For the Dressing:

- ¼ cup extra-virgin olive oil
- ¼ cup freshly squeezed lime juice  
plus additional for serving
- 1 teaspoon ground chili powder
- 1 teaspoon ground cumin
- ½ teaspoon kosher salt
- ¼ teaspoon cayenne pepper  
use less or omit if sensitive to spice
- ¼ teaspoon black pepper
- Cilantro

## Toppings:

- Diced avocado or guacamole
- Shredded cheese
- Jalapeno
- Non-fat plain Greek yogurt or sour cream
- Salsa



## Instructions

- Place the chicken breasts on a cutting board with some space between and cover with a large piece of plastic wrap. With a mallet, lightly pound the meat to an even thickness so. Place in a shallow dish.
- Top the chicken with the olive oil, salt, pepper, adobo sauce, and lime juice. Rub and turn to coat. Let rest at least 2 hours while you prep the other ingredients or refrigerate for up to 8 hours (let stand at room temperature at least 10 minutes prior to cooking). Preheat an outdoor grill or indoor grill pan to medium high (about 425 to 450 degrees F).
- Prepare the brown rice according to package directions. Once cooked, fluff with a fork, then transfer to a large mixing bowl
- To make the dressing, in a small bowl or measuring cup, whisk together the olive oil, lime juice, chili powder, cumin, salt, cayenne, and black pepper.
- Drizzle over the warm brown rice, then add cilantro, and toss to combine.
- Lightly oil the grill. Grill the chicken until completely cooked through and the temperature on an instant read thermometer reads 160 to 165 degrees, about 8 to 12 minutes total, flipping once or twice throughout. The amount of time you need will vary based on the size and thickness of each breast. Remove to a plate, cover, and let rest 5 minutes.
- Cut into bite-sized pieces
- Assemble your bowl with all your favorite ingredients, and desired toppings