

Chicken Burrito Bowl in a Jar

Makes 1 servings

INGREDIENTS

Dressing:

- 1 tablespoon lime juice (from ½ lime)
- 2 tablespoons olive oil
- 1/4 teaspoon cumin
- 1/4 teaspoon chili powder
- 1/4 teaspoon Dijon mustard
- 1/4 teaspoon honey or pure maple syrup
- Pinch of salt

Bowl:

- 1/4 cup red bell pepper, diced
- 1/4 cup tomato, chopped
- 1/4 cup fresh or frozen corn, thawed
- 1/4 cup lower sodium canned black beans, drained and rinsed
- 1/2 cup cooked brown rice
- 1/2 cup cooked chicken, shredded
- 1 cup romaine lettuce, chopped
- 2 tablespoons shredded Mexican blend or cheddar cheese
- 1/4 avocado, chopped into small cubes (optional)
- 1/4 cup crumbled tortilla chips (optional)

DIRECTIONS

Combine the lime juice, olive oil, cumin, chili powder, Dijon mustard, honey, and salt in the bottom of 1 quart wide-mouth Mason jar. Stir with a fork to combine.

Add the bell pepper and tomatoes. Top with the corn, black beans, brown rice, and chicken. Add the romaine lettuce and pressing to pack it down. The jar can be stored in the fridge for up to 4 days. When ready to eat, pour salad into a bowl and top with cheese, avocado, and crumbled tortilla chips.

Note: increase ingredients to make additional servings