

Burrito Bowl

Cooking | Healthy Lifestyle

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WHAT MAKES IT MEANINGFUL

We all know that we need to eat healthy and live a healthy lifestyle in order to live a long and happy and healthy life, but we usually think its at the cost of eating delicious food. Healthy Cooking doesn't have to be bland or tasteless. On the contrary! It can be super delicious, super nutritious and super satisfying! Don't believe the hype? Try this recipe and be the judge for yourself! I dare you! I double-dog dare you! With these recipes you will see that it fits most people's diets including those who need to follow the DASH (Dietary Approaches to Stop Hypertension) diet. Usually reserved for people who are living with diabetes, stroke, hypertension, or for those who just want to lose weight to better their mental and physical health, you will see how easy it is to eat healthy and eat deliciously at the same time. These recipes can also be flexible for those who have allergies. Healthy Substitutions are always welcomed! With that, bon appetite, buen provecho, salud, and enjoy!

TIME

- Total Time: 1 hour
- Prep Time: 35 minutes
- Cooking Time: 25 minutes

MATERIALS

- 4 cups of Iceberg Lettuce (shredded)
- 1 Whole Large Tomatoes (diced small)
- ½ Large Red or White Onion (diced small)
- 20 ml of Extra Virgin Olive Oil
- 2 Table Spoons of Black Pepper
- 4 Table Spoons No Salt Garlic Power or Garlic Cloves (Nutritional Value reflects the No Name No Salt Garlic Powder only and NOT the Garlic Cloves)
- 10 Dashes of Hot Sauce (10ml) (Tabasco or Graces Hot Sauces)
- 1 Table Spoon Cheyenne Chilli Flakes
- 1 Jalapeno (diced)



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- 1-2 Cups of freshly made freshly boiled Kidney, Pinto or Black Beans (or sub it with any beans you like) (avoid canned and premade beans as it contains a very high quantity of sodium)
- 40 ml Red Wine Vinegar
- 1 Table Spoon of Club House La Grille No Salt Spice mix
- 1 Table Spoon of Club House Barbeque Chicken No Salt Spice Mix
- 1 Tea Spoon full of Rosemary
- 1 Radish diced
- ¼ Green Bell Peppers Sliced into Strips
- ¼ Yellow/Orange Bell Pepper Sliced into Strips
- 1 Medium Avocado Diced into medium sized Cubes
- 2 Boneless and deskinnd chicken thighs or 4 Oz. or 113g of Chicken thighs (per person)
- ¼ tea spoon of salt

INSTRUCTIONS

1. Cut Lettuce into small Shreds and place in a bowl.
2. Boil beans in a pot until beans are soft and the water is dark and NOT transparent. Add seasoning to taste. Onion, Garlic, oregano, black pepper, and Salt are my preferred seasoning of choice. Once done, place 4 cups in a bowl.
3. Dice the following into small cubes: Onions, Tomatoes, Radish, & Jalapenos. Then add the onions, tomatoes and radishes into a bowl and mix. Then add 2 table spoon full of garlic powder (remember to use the one without salt), one table spoon full of Cheyenne chilli flakes, 20ml of Red Wine Vinegar, 2 table spoons of Black Pepper, 2 pinches salt, 10 ml of hot sauce and Mix. Add the Jalapenos into another bowl.
4. Cut the avocado into medium cube chunks and place into a bowl.
5. Cut the green and yellow/orange bell pepper in to two inch strips and place into a bowl.
6. Chicken Marinade: Add 2 Table Spoon Full of Garlic Powder (remember to use the one without salt), 2 full table spoon of black pepper, 1 full table spoons full of Clubhouse La Grille Seasoning (remember to use the one without salt), 1 full tea spoon Clubhouse Chicken Barbeque Seasoning (remember to use the one without Salt), 2 Table Spoons Full of Extra Virgin Olive Oil, 2 Full Table Spoons of Red Wine Vinegar, 2 pinches of salt, 1 full tea spoon full of rosemary and mix until you have a mix with the consistency of playdough (which isn't dry like powder or wet like water but rather something in between... almost like a moist dry rub that's mouldable). Place in a small bag or in a bowl.
7. Salt chicken thighs until lightly covered on all sides.
8. Fully cover the salted chicken with the marinade. Do not leave any of the chicken without marinade.
9. Place a pane with 2 Table spoon full of Extra Virgin Olive oil into a pan and heat at medium high. Once piping hot, reduce heat to medium.
10. Place Marinaded chicken thighs into preheated and oiled pan. Add ALL marinade. Cook until crispy and brown on the outside and white, tender and juicy on the inside and place in a cutting board to be cut into diagonal strips.

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1. Place you green and yellow/orange peppers into the heated pan. Deglaze pan with the juice in the tomato salad (pico de gallo) juice. Cook peppers until soft on the outside and crunchy on the inside. This doesn't take long to cook so do not exceed cooking the peppers for more than 5-7 minutes. After cooked place in a bowl.
2. Place shredded lettuce into the bottom of the bowl that each person will be eating from.
3. Then add the tomato salad (pico de gallo) on one side of the bowl in a line/row to cover the lettuce.
4. Then beside the tomato salad (Pico de Gallo) add the cooled beans in a line/row to cover the lettuce.
5. Beside the beans add the diced avocados in a line/row to cover the lettuce.
6. Beside the avocados add the green and yellow/orange peppers in a line/row to cover the lettuce.
7. Add sliced chicken on top.
8. Garnish the jalapenos liberally all over the food.
9. Serve and enjoy!

RESOURCES

Nutritional Facts found on the United Stated Department of Agriculture (USDA) and Canadian Nutrient File (CFN) website: <https://fdc.nal.usda.gov/> and <https://food-nutrition.canada.ca/cnf-fce/index-eng.jsp>

DASH Diet Guide was found on the Mayo Clinic website at: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456>

SUPPORTS NEEDED

This activity can be done independently, in pairs or with a group.

OTHER THINGS TO NOTE:

Nutritional Value (Per Person)

- Carbohydrates: 190g
- Calories: 571 cals
- Cholesterol: 100mg
- Fat: 24g
- Sodium: 210mg
- Sugar: 6g

*Photo - Dennis Cadenas