Chicken Burrito Bowl

Serves 4

2 boneless skinless chicken breasts

2 tablespoons extra virgin olive oil

½ teaspoon salt

½ teaspoon pepper

1 teaspoon cumin

1 teaspoon chili powder

1 red bell pepper diced.

1 cup cooked black beans drained

1 cup cooked rice (white or brown)

1 cup romaine lettuce sliced thin

1 cup salsa (recipe follows)

½ cup shredded Mexican cheese

2 green onions sliced thin

Sliced jalapenos(optional)

Avocado dressing

Cut the chicken breast into mall pieces and toss with oil, salt, pepper, cumin, and chili powder.

Heat a large nonstick skillet over medium high heat.

Add the chicken chunks and cook for 7-8 minutes and chicken pieces are cooked through, set aside. Add the peppers to the same pan and cook for 2-3 minutes.

To assemble bowls, add the rice to each bowl then top with

Chicken, peppers, beans, lettuce, salsa, and cheese.

Sprinkle each bowl with green onions and drizzle with avocado dressing.

**Deb’s Salsa**

**Serves 4**

1 pint grape tomatoes

1 tomatillo peeled

1 jalapeno pepper, seeds and membrane removed

2 garlic cloves

3 green onions

1 small bell pepper

1 14 ounce can dice tomatoes with green chili, cilantro and lime

1/4 cup fresh cilantro

1 teaspoon salt

1/2 teaspoon freshly ground pepper

2 tablespoon fresh lime juice

1 teaspoon extra-virgin olive oil

Place all ingredients into the chopper bowl fitted with blades in the order listed.

Pulse until desired consistency.

Avocado Dressing Recipe

Makes 1 cup

1 ripe avocado

¼ cup avocado oil (you can use olive oil)

3 tablespoons Greek yogurt

2 tablespoons fresh lime juice

1 clove garlic

4 tablespoons water

1 teaspoon salt

½ teaspoon pepper

¼ teaspoon sugar

1 tablespoon fresh cilantro

 Place all the ingredients into a blender and puree till smooth.

Chill till ready to serve.