

Ingredients

Preparation time: 30-45 minutes

Servings: 1 burrito

Cost: \$

Fillings:

1/3 cup brown rice

1/2 cup broccoli florets

2 tsp. grapeseed oil

4 oz. chicken breast, diced

Southwest spice rub

1/3 cup canned black or pinto beans

1/2 tomato, diced

Assembly:

1 whole wheat tortilla

Romaine lettuce, shredded

2 Tbsp. salsa

Directions

1. Preheat oven to 425°F. Prepare brown rice according to container directions.
2. Cut broccoli to small bite-size florets, season with salt, pepper, and 1 tsp. grapeseed oil. Roast for 10-15 minutes, until broccoli is tender and bright green. Remove and let cool.
3. Preheat skillet. In a bowl, season diced chicken with rub, salt and pepper. Sauté diced chicken in 1 tsp. grapeseed oil until an internal temperature of 165°F is reached.
4. Rinse beans with cool water until clear.
5. Combine all ingredients on warmed tortilla and roll into burrito.



Photo: Burrito in Whole Wheat Wrap. Cilantro Mexican Grill

Cost per serving:
\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Mighty Burrito	
Amount	1 burrito
Calories	513
Fat (g) Sat. Fat (g)	17 2
Carb. (g) Fiber (g)	53 11
Protein (g)	38
Allergen info: Dairy Free	

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Cooking Tip

The recipe works well with a variety of roasted seasonal vegetables. Choose any of your favorite spice mixes to change up the flavor! Save extra rice, beans, and veggies for future meals, or prep several burritos for grab & go meals throughout the week. After a hard training day, increase the portion of rice to help replete glycogen stores. Make it vegan by replacing chicken with tempeh or tofu!

Performance Facts

The fiber in whole grains helps to increase satiety (fullness), maintain gut health, improve immune function and promote regularity. Additionally, whole grains are an excellent source of magnesium, a mineral that plays a significant role in muscle contraction, bone health, blood pressure regulation and energy production. Grilled chicken is high in branched chain amino acids (BCAA) that help muscles to repair and grow.