

Class 5 – GI & IBS

Burrito Bowl

Serves 6

Ingredients:

For the *rice*:

- 1 teaspoon olive oil
- ½ red onion, diced small
- 1 teaspoon taco seasoning spice mix
- 1 ½ cups brown rice
- 3 cups water

For the *filling*:

- 1 pound boneless, skinless chicken thighs
- 2 tablespoons olive oil, divided
- 2 ½ teaspoons taco seasoning spice mix, divided
- 2 sweet potatoes, scrubbed and cut into ½-inch cubes
- 1 red pepper, cut into strips
- 1 orange pepper, cut into strips
- ½ red onion, thinly sliced
- 1 – 15.5-ounce can low-sodium black beans, drained and rinsed
- 1 cup frozen corn, thawed
- Juice of 1 lime

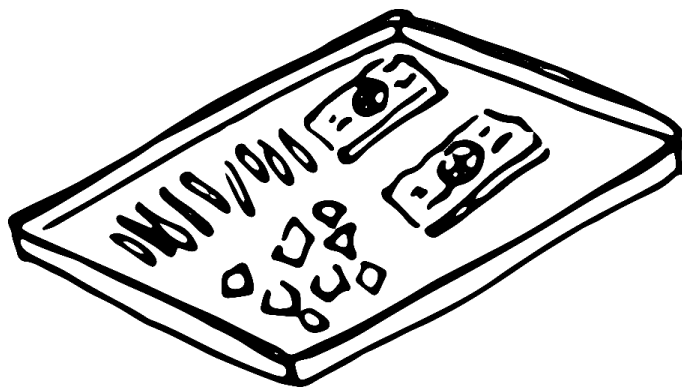
For the *cilantro lime vinaigrette*:

- ½ cup neutral oil (e.g. grapeseed, vegetable, canola)
- Juice of 1 lime
- 2 tablespoons apple cider vinegar
- 1 garlic clove, roughly chopped
- 5 scallions, roughly chopped
- ½ cup cilantro, tightly packed
- 1 teaspoon honey
- Salt and pepper, to taste

Taco Seasoning Spice Mix

- 1 teaspoon ground cumin
- ½ teaspoon paprika
- ½ teaspoon chili powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon dried oregano
- ¼ teaspoon cayenne or red pepper flakes

Note: if you don't have one or more of these ingredients, that's totally fine – it'll be great!



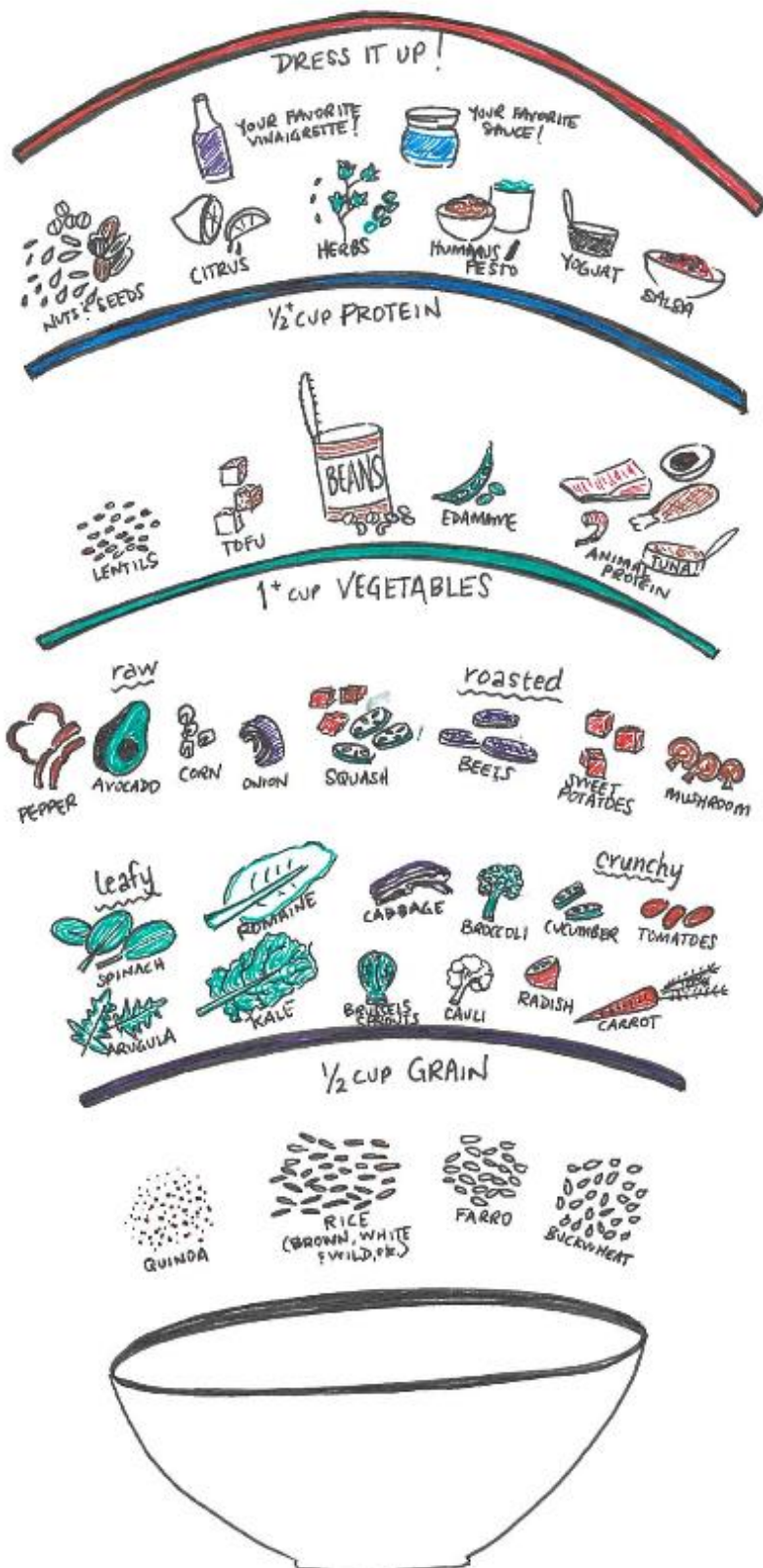
Optional toppings:

Lettuce ribbons, diced tomato, sliced or diced avocado, chopped scallions, cilantro leaves, yogurt, and/or anything in your refrigerator!

Instructions:

1. **For the brown rice**, add the olive oil to a medium saucepot over medium-high heat. Stir in the onions and sauté until translucent, about 3 minutes.
2. Add the rice and spice mix and stir into the onions for 30 more seconds to toast the grains. Stir in the water and bring the liquid to a boil. Reduce the heat to low, cover the pot, and simmer for 40 minutes until the liquid is absorbed and the grains are tender. Fluff with a fork and taste for doneness.
3. **For the filling**: Preheat oven to 375° F. Set the chicken thighs on one sheet pan, drizzle with 1 tablespoon of olive oil and sprinkle with half of the taco seasoning mix.
4. In a large mixing bowl, drizzle remaining 1 tablespoon olive oil over the sweet potato, sliced peppers, and onion, add taco seasoning spice mix, and toss until evenly coated.
5. On the second sheet pan, spread the prepared vegetables in a thin layer to cook evenly. Place the sheet pans in the oven. Roast the vegetables for 20 minutes, or until the sweet potato is fork-tender. Roast the chicken for 25 to 30 minutes, until a thermometer registers 165° F when inserted into the meat.
6. Toss drained and rinsed black beans and thawed corn with the roasted vegetables to warm slightly. Squeeze the fresh lime juice over the prepared vegetables. Set aside until ready to assemble bowls.
7. Use two forks to shred the chicken. Cover to keep warm until ready to assemble.
8. **For the cilantro lime vinaigrette**, combine all of the ingredients for the dressing in a blender or in a tall-sided container, if using an immersion blender. Blend the ingredients together until smooth. Taste and adjust seasoning, if needed.
9. **To assemble**, scoop about ½-cup rice into the bottom of a bowl. Add about ¾-cup scoop of the roasted veggies and beans and about ½-cup shredded chicken. Top a drizzle of vinaigrette and your favorite toppings. Enjoy!

Build-a-Bowl!



Nutritional Information

Burrito Bowl

Burrito Bowl		
Nutrition Facts		
Serving Size	1 × 6 Serving	
Amount Per Serving		
Calories	583.9	
	% Daily Value*	
Total Fat	21 g	27 %
Saturated Fat	3.8 g	19 %
Trans Fat	0.1 g	
Cholesterol	96.8 mg	32 %
Sodium	442.1 mg	19 %
Total Carbohydrate	68.8 g	25 %
Dietary Fiber	9.9 g	35 %
Total Sugars	7.4 g	
Added Sugars	1 g	2 %
Protein	31.1 g	
Vitamin D	0.2 mcg	1 %
Calcium	82.6 mg	6 %
Iron	4.2 mg	23 %
Potassium	892.2 mg	19 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>

Cilantro Lime Vinaigrette

Serving size: 2 Tablespoons

Cilantro Lime Vinaigrette		
Nutrition Facts		
Serving Size	28 × g	
Amount Per Serving		
Calories	104.1	
	% Daily Value*	
Total Fat	11 g	14 %
Saturated Fat	1.7 g	9 %
Trans Fat	0.1 g	
Cholesterol	0 mg	0 %
Sodium	61.3 mg	3 %
Total Carbohydrate	1.7 g	1 %
Dietary Fiber	0.3 g	1 %
Total Sugars	0.9 g	
Added Sugars	0.6 g	1 %
Protein	0.2 g	
Vitamin D	0 mcg	0 %
Calcium	7.7 mg	1 %
Iron	0.2 mg	1 %
Potassium	34.8 mg	1 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>

Foundations of Culinary Medicine for Healthcare Professionals

Irritable Bowel Syndrome 05/12/22

Burrito Bowl

Class 5 Equipment List: Burrito Bowl

Two baking sheets
Blender or immersion blender
Can opener
Chef's knife
Cutting board
Fine mesh strainer
Large pot
Liquid measuring cup
Measuring cups
Measuring spoons
Meat thermometer
Prep bowls
Scrap bowl
Wooden spoon or spatula
Vegetable peeler
Optional: citrus press

Class 5 Prep Ahead Suggestions:

- Pre-cook rice
- Cut sweet potatoes
- Dice (and thinly slice) red onion, bell peppers
- Drain and rinse black beans
- Pre-measure spices
- Thaw frozen corn