

Vegetarian Power Burrito Bowl

Yields: 4 servings

Ingredients

Non-stick cooking spray

2 garlic cloves, minced

1 ½ cups brown rice, cooked

1 (15 oz) can black beans, drained, rinsed

¼ cup water

1 cup corn kernels, fresh or frozen (thawed)

1 tsp chili powder

1 tsp cumin

1 avocado, pitted, peeled, diced

Lime, juice and zest

1 cup cherry tomatoes, halved

1. Spray skillet with non-stick spray and heat over medium heat. Add garlic and sauté for two minutes. Add black beans, corn, water, cumin and chili powder. Bring to a boil and simmer for 5 minutes. Remove from heat.

2. Meanwhile, in a separate bowl, combine lime and avocado. Set aside.

3. Divide rice evenly among 4 bowls. Add bean mixture. Top with avocado and tomatoes.

4. Serve with jalapenos, salsa or tortilla chips, if desired.



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