

Vegetarian Burrito Bowl

**STUDENT
HEALTH
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Ingredients

- 1 cup cooked brown rice (can use bagged or frozen pre-cooked rice)
- 1/2 cup black beans, drained and rinsed
- 2-3 Tablespoon salsa or to taste
- 1 Tablespoon plain Greek yogurt (or sour cream)
- 1 Tablespoon shredded cheddar cheese

Directions

1. Prepare brown rice according to package instructions
2. In microwave safe bowl, combine rice, black beans, salsa, Greek yogurt, and shredded cheese. Microwave on high for 30-60 seconds or until heated through
3. Top with diced avocado, tomato, guacamole, pico de gallo or other toppings

