

# Grilled Chicken Burrito Bowl with Beans and Chia Vinaigrette

**Yield: 6 servings**

Gluten-free  
Dairy-free

## RECIPE CUSTOMIZATION

To make it low-FODMAP,  
avocado may be tolerated in  
small amounts

## Ingredients

1½ lbs chicken breast, boneless  
and skinless

½ head purple cabbage, sliced thin

1 lime, juiced

1½ lbs black beans, canned and drained

1 cup tomato, small dice

1 cup corn, frozen or fresh poached for  
3 minutes in salted water

2 avocados, diced

½ cup cilantro, chopped

1 cup chia vinaigrette  
(separate recipe)

## Directions

1. Preheat grill to medium.
2. Salt all sides of chicken. Rest in refrigerator for about 20 minutes.
3. Place chicken on grill. Cook until chicken reaches 165°F.
4. Set chicken aside to rest for 10 minutes. Slice chicken thinly the short way.
5. Place cabbage in a mixing bowl. Toss with a pinch of salt and lime juice.
6. Plate chicken, cabbage, and black beans. Top with tomatoes and corn. Drizzle on chia vinaigrette. Sprinkle with avocado and cilantro. Serve with more vinaigrette on the side.



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## Chia Vinaigrette

### Nutrition Facts

**Serving size 1** (1oz)

Amount Per Serving	<b>28g</b>
<b>Calories</b>	<b>138</b>
<b>% Daily Value</b>	
<b>Total Fat</b> 14.8g	<b>23%</b>
Saturated Fat 1.7g	<b>9%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 198mg	<b>8%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
<b>Dietary Fiber</b> 1g	<b>3%</b>
<b>Sugars</b> 0g	
<b>Protein</b> 0g	<b>1%</b>
Vitamin A	<b>2%</b>
Vitamin C	<b>0%</b>
Calcium	<b>1%</b>
Iron	<b>1%</b>

## Grilled Chicken Burrito Bowl with Beans

### Nutrition Facts

**Serving size 1** (14.4oz)

Amount Per Serving	<b>407g</b>
<b>Calories</b>	<b>388</b>
<b>% Daily Value</b>	
<b>Total Fat</b> 13.7g	<b>21%</b>
Saturated Fat 2.2g	<b>11%</b>
<b>Cholesterol</b> 83mg	<b>28%</b>
<b>Sodium</b> 278mg	<b>12%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
<b>Dietary Fiber</b> 14g	<b>58%</b>
<b>Sugars</b> 4g	
<b>Protein</b> 35g	<b>71%</b>
Vitamin A	<b>20%</b>
Vitamin C	<b>73%</b>
Calcium	<b>8%</b>
Iron	<b>5%</b>