

# 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.

## Chia Vinaigrette

### NUTRITION FACTS

Serving size 1 (1oz)

Amount Per Serving 28g

**Calories 138**

% Daily Value

**Total Fat 14.8g** 23%

Saturated Fat 1.7g 9%

**Cholesterol 0mg** 0%

**Sodium 198mg** 8%

**Total Carbohydrate 1g** 0%

Dietary Fiber 1g 3%

Sugars 0g

**Protein 0g** 1%

Vitamin A 2%

Vitamin C 0%

Calcium 1%

Iron 1%

## Grilled Chicken Burrito Bowl with Beans

### NUTRITION FACTS

Serving size 1 (14.4oz)

Amount Per Serving 407g

**Calories 388**

% Daily Value

**Total Fat 13.7g** 21%

Saturated Fat 2.2g 11%

**Cholesterol 83mg** 28%

**Sodium 278mg** 12%

**Total Carbohydrate 34g** 11%

Dietary Fiber 14g 58%

Sugars 4g

**Protein 35g** 71%

Vitamin A 20%

Vitamin C 73%

Calcium 8%

Iron 5%



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