

Burrito Bowls

Rice

Cook 1 cup of rice according to package. When done cooking add:

1 teaspoon butter

2 pinches of salt

juice of 1/2 lime

sprinkle of chopped cilantro

Chicken

Mix the following spices together:

1 tablespoon chili powder

1 teaspoon chili powder

1 teaspoon garlic salt

1 teaspoon onion powder

1 teaspoon cumin

1 teaspoon oregano

Sprinkle spice mix on chicken. You can use chicken breasts or thighs. You will not need the entire mixture-you can save it for another time. Cook chicken in a skillet or on the grill till done, let set for about 5 minutes then chop into small pieces. To save time we used Tysons frozen chicken strips, sprinkled the spice mix on them and cooked according to the package directions.

Pico de Gallo

1 pint of cherry tomatoes chopped

1/2 jalapeno chopped (you can use more or less depending on how spicy you like it)

1 clove garlic chopped

sprinkle of chopped cilantro

pinch of salt

juice of 1/2 lime

Corn Salsa

1 cup frozen corn thawed

1/2 jalapeno chopped

juice of 1/2 lime

1/2 teaspoon sugar

2 teaspoons olive oil

sprinkle of cilantro

pinch of salt

Extra toppings: cheese, sour cream and lettuce