

# 10 Days of Healthier

## LOW CARB BURRITTO BOWL

Cauliflower rice

1 lb boneless chicken – breasts or thighs

1 bell pepper, sliced into strips

1 large onion, sliced into strips

1 medium zucchini, sliced into strips

Salt

Avocado oil

1 teaspoon chili powder

1/2 teaspoon cumin

1/2 teaspoon oregano

1/2 teaspoon garlic powder

One mango, chopped

Cilantro

Lime juice

Chopped Greens of choice

Cook your cauliflower rice according to package directions, or if using fresh, remove just the protruding stems. Grate the cauliflower on large box grater, using the largest holes it has. Add cauliflower to a skillet over medium heat, add a few counts of oil, salt and pepper. Cook it to the consistency that you like the salt will pull out the moisture. Season with enough salt, that it has good flavor. Add a handful of chopped fresh cilantro and 1/2 a lime zested. Taste and set aside.

Season the chicken with salt, spices and coat with a few drizzles of oil. Be generous, it will help the cooking. Cook the seasoned chicken on a skillet for roughly 8-10 minutes, depending on the size of your pieces. Once chicken is cooked, remove to a plate and cover to keep warm.

To the same skillet, add a few counts of oil and add your vegetables. Onions, peppers and zucchini. Season with salt and let cook until softened to your liking. Alternatively, you can roast these in an oven for 15 minutes or until softened. 375 degrees.

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For serving, slice chicken. Assemble bowl with fresh greens of choice (seasoned with lime and olive oil if you like), chicken, sautéed vegetables, cauliflower rice and mango or sliced avocado if you do not have guacamole.

We added Tomatillo Sauce on top, see other video.

Serves 4