



Healthy Mexican Street Corn Burrito Bowls

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SYMPOSIUM

Recipe Found: <https://www.chelseasmessyapron.com/healthy-mexican-street-corn-burrito-bowls/>
Recipe Shared By Texas Oncology's Nicole Hodac, MS, RDN, CSO, LD

INGREDIENTS

Burrito Bowls:

- 1 cup uncooked brown rice
- 2 cans (15 ounces each) sweet corn
- 2 red bell peppers, thinly sliced, seeds removed
- ½ bunch fresh cilantro, chopped
- 3 green onions, chopped
- 1 tbsp jalapeño, diced
- ½ tsp paprika
- 1 can (15 ounces) black beans, drained and rinsed
- 1 large avocado

Dressing:

- ½ cup Kraft Avocado Oil Mayo
- 2 large limes, separated
- 1/8 tsp ground cumin
- ¼ tsp paprika
- ½ tsp chili powder
- 1 ½ tsp Sriracha
- Salt and pepper



DIRECTIONS

1. Prepare the brown rice according to package directions. Set aside to cool slightly.
2. Combine all the dressing ingredients: mayo, 3 tbsp lime juice, ½ tsp lime zest, ground cumin, paprika, chili powder, Sriracha, and a pinch of salt and pepper (to taste). Whisk and place in fridge while you prep the remainder of the bowl.
3. Sauté corn kernels in a preheated large cast-iron skillet (3-5 minutes), stirring constantly, until kernels are lightly charred over high heat. Remove to a bowl. Add the pepper and again sauté over high heat stirring occasionally until lightly charred and crisp tender. Remove to a bowl.
4. Season the corn and pepper with salt and pepper to taste. Let cool to room temp and then add in the chopped cilantro, chopped green onions, diced jalapeño, and ½ tsp paprika. Add a squeeze of lime juice and toss.
5. Drain and rinse the black beans

TO ASSEMBLE BOWLS

1. Fill the bottom of 4 bowls with brown rice.
2. Add even amounts of black beans and the corn + red pepper mixture.
3. Thinly slice the avocado and divide evenly among the bowls.
4. Top with the prepared dressing, another squeeze of lime as desired and enjoy immediately!