



Northeast Delta Dental

# Burrito Bowl

You can easily make a meatless meal that's full of flavor and protein. Just spice up your summer menu with the delicious tastes of the season.

Black beans make this burrito bowl a nutrient powerhouse. In addition to protein, they're full of calcium, fiber, potassium, and antioxidants<sup>1</sup> that can help fight tooth decay<sup>2</sup> and provide a host of other healthful benefits.

## Ingredients

- 2 cups brown rice
- 15 ounces black beans
- 1 tablespoon chili powder
- 1 teaspoon dried onion
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- 1 teaspoon cumin
- ½ teaspoon paprika
- Salt, to taste
- 1 cup frozen corn
- 1 lime
- 1 cup cilantro
- 1 cup pico de gallo
- Toppings of your choice

## Directions

1. Follow the instructions on the package to cook the brown rice.
2. Heat beans and spices in a large pan over medium to medium-high heat. Add salt to taste.
3. Cook frozen corn per instructions on the package.
4. Mix rice, beans, and corn.
5. Divide mixture into four bowls. Add a lime wedge and cilantro to each bowl.
6. Top with pico de gallo and add optional toppings such as chopped avocado, cotija cheese, or hot sauce if desired.
7. Enjoy!

<https://www.deltadental.com/us/en/protect-my-smile/mouth-friendly-recipes/burrito-bowl.html>

Sources:

<sup>1</sup><https://www.medicalnewstoday.com/articles/289934>

<sup>2</sup><https://www.dentistrytoday.com/news/todays-dental-news/item/1591-how-diet-affects-your-patients-teeth>