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Sweet Potato Burrito Bowls

Prep Time: 35 min. Cook Time: 5 min.

Servings: 4 Servings

Serving Size: 1 bowl

Ingredients

1 tbsp canola oil or grapeseed oil
2 medium-large sweet potatoes, peeled and shredded
2 garlic cloves, chopped
1/4 tsp salt
4 cups baby spinach
1/2 cup reduced-fat sour cream
1 avocado
Juice of 1/2 lime
1/2 tsp cumin
2 cups cooked, sliced chicken
1 (14 oz.) can black beans, drained and rinsed
1 large red bell pepper, chopped
1 cup frozen corn kernels, thawed
1/3 cup sliced sun-dried tomato
1/4 cup sliced pickled jalapeño
1/3 cup cilantro
1/4 cup unsalted pumpkin seeds

Directions

1. Heat oil in a skillet over medium heat. Place shredded sweet potato, garlic, and salt in pan. Cook for about 5 minutes, stirring regularly, until potato shreds are tender. Stir in spinach and remove skillet from heat.
2. In a blender or food processor, blend together until nearly smooth the sour cream, avocado, lime juice, cumin, and pinch of salt.

3. To assemble bowls, place sweet potato mixture in large serving bowls and top with chicken, black beans, red pepper, corn, sun-dried tomato, and pickled jalapeño. Top with avocado sauce and sprinkle on cilantro and pumpkin seeds.