

Riverview Wellness Center

Recipe

Client Name:

Recipe for: Chicken/Steak Burrito

Ingredients: 1 lb. chopped chicken or steak
1 tsp. minced green chili peppers
□ onion, chopped
1 cup mixed broccoli and cauliflower
1 tbsp. olive oil
Brown rice, prepare as directed
Ezekiel or Gluten-free tortillas

Preparation: Chop the chicken or steak into small pieces and cook in olive oil on medium heat. Add the chopped onions and green chili peppers into skillet and stir. Take steamed veggies and dice into small pieces. Add to skillet with a pinch of garlic salt or your choice of seasoning. Cook until onions are soft. Warm tortillas for 5-10 seconds on each side. Spoon rice onto tortilla, then meat mixture. Add salsa to top.