**Avocado Cilantro Dressing with a Burrito Bowl**

**Salad Dressing Ingredients: (makes 4-6 servings)**

* 1 ripe Haas avocado
* 3 Tbsp nonfat plain Greek yogurt
* 4 Tbsp fresh cilantro leaves (or to taste)
* 4 tsp fresh lime juice
* 1 tsp raw honey
* 4-6 Tbsp cold water (to desired consistency)
* 1/4 tsp sea salt

**Instructions**

1. Puree all of the ingredients in a mini food processor or blender.
2. Adjust seasoning to taste.
3. Drizzle & enjoy!

Nutrition Info: 75 calories per serving, 2 grams of sugar, 2 grams of carbs, 2 grams of protein, 6 grams of fat based off of 5 servings.

**For the Protein**

* 4 Boneless, skinless chicken breasts halves
* 1⁄4 cup avocado oil, or olive oil
* 1 Tbsp taco spice mix
* 2 cups cooked brown rice

**For the Burrito Salad:**

* 2 bell peppers, diced
* 1⁄2 cup diced tomatoes
* 1 small red onion, diced
* 1⁄2 cup corn (frozen, thawed works well)
* 1 cup of canned black beans, drained and rinsed well
* 1 tsp garlic powder
* sea salt and pepper to taste
* 2 cups chopped Romaine lettuce

**Instructions**

1. In a medium bowl mix the chicken with the olive oil, and taco spice mix.

Heat a grill, griddle or pan on medium-high heat, place chicken on grilled and cook for 5 minutes on each side or until cooked through. Remove from heat and set aside. (If using crockpot, throw in frozen or thawed chicken breast on low for 4-6 hours. Keeping lid on throughout the cook process).

1. While the chicken is cooking chop all of the veggies, and salad.
2. In a medium bowl make the burrito salad by mixing the tomatoes, bell pepper, onion, salt, pepper, 1 Tbsp olive oil and 1 tsp garlic powder. Toss well to combine.
3. To arrange the deconstructed burrito: Serve with the cooked brown rice, add chopped lettuce, burrito salad, sliced chicken, black beans and corn (omit if low carb).