

Buff Burrito Grande

For that perfect Super Bowl snack!

Ingredients

1/2 cup onion, cut into strips
1/2 cup red or green bell pepper, cut into strips
1 Tbsp. finely chopped jalapeño pepper
5 oz. uncooked boneless, skinless chicken breast or top round [steak](#), cut into strips
Mexican seasoning to taste (found in the spice aisle)
1 whole-grain or [low-carb](#) burrito-size flour tortilla (we used Mission brand)
1 1/2 oz. finely shredded fat-free jalapeño jack or cheddar cheese
1/2 cup prepared Spanish rice (we used Farmhouse brand)
1/4 cup fresh salsa, drained, or to taste Nonstick cooking spray

Directions

Spray a medium nonstick [skillet](#) with cooking spray. Place over medium-high heat, and add onion, peppers and jalapeño. Cook until tender and just starting to brown. Remove from skillet and cover to keep warm. Season chicken or steak with Mexican seasoning. Respray skillet and add meat. Cook on high until lightly browned on the outside and no longer pink inside if using chicken, or until desired doneness if using steak. No liquid should remain in the skillet. Add meat to pepper mixture. Turn heat to low and place tortilla in pan just long enough for it to get warm. Flip it over and sprinkle cheese evenly over two-thirds of tortilla. When cheese begins to melt, transfer tortilla to a plate and spread rice over cheese, then add peppers, chicken or steak and salsa, in that order. Fold into a burrito and eat immediately. Makes one serving.

Nutritional info

Calories -558
Protein – 58g
Carbs – 64g
Fiber – 25g
Fat- 7g