**INGREDIENTS**
- 1 cup of cooked brown rice
- 1/2 cup of black beans, rinsed and drained
- 2-3 teaspoons of salsa, or to taste
- 1 tablespoon of plain Greek yogurt
- 1 tablespoon of shredded cheddar

**Directions**
1. Prepare brown rice according to package instructions
2. In a microwave safe bowl, combine rice, black beans, salsa, plain Greek yogurt, and shredded cheese. Microwave on high for 30-60 seconds or until heated through.
3. Add desired toppings such as diced avocado, diced tomato, guacamole, or pico de gallo. Get creative with a wide variety of toppings!

**Prep Time: 5 Mins**
**Total Time: 5 Mins**
**Serving: 1 Bowl**

Recipe From: https://www.healthy-liv.com/5-minute-vegetarian-burrito-bowl/