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Chipotle Chicken Quinoa Burrito Bowl

This flavorful burrito bowl features grilled chicken coated in a spicy chipotle glaze. Loading it with vegetables and using quinoa in place of rice adds nutrition for a healthier dinner.

By **Breana Lai Killeen, M.P.H., RD** | Updated on April 22, 2024

✔ Tested by **EatingWell Test Kitchen**

✔ Reviewed by Dietitian **Victoria Seaver, M.S., RD**

Active Time: 30 mins

Total Time: 30 mins

Servings: 4

Yield: 4 burrito bowls

Nutrition Profile:

Diabetes-Friendly Nut-Free Healthy Aging Healthy Immunity Low-Sodium High-Blood Pressure Soy-Free High-Fiber Heart-Healthy High-Protein Egg-Free Gluten-Free Low-Calorie

Ingredients

- 1 tablespoon finely chopped chipotle peppers in adobo sauce
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon garlic powder
- ½ teaspoon ground cumin
- 1 pound boneless, skinless chicken breast
- ¼ teaspoon salt
- 2 cups cooked quinoa
- 2 cups shredded romaine lettuce
- 1 cup canned pinto beans, rinsed
- 1 ripe avocado, diced
- ¼ cup prepared pico de gallo or other salsa
- ¼ cup shredded Cheddar or Monterey Jack cheese
- Lime wedges for serving

Directions

Step 1

Preheat grill to medium-high or preheat broiler.

Step 2

Combine chipotles, oil, garlic powder and cumin in a small bowl.

Step 3

Oil the grill rack (see Tip) or a rimmed baking sheet, if broiling. Season chicken with salt. Grill the chicken for 5 minutes or broil it on the prepared baking sheet for 9 minutes. Turn, brush with the chipotle glaze and continue cooking until an instant-read thermometer inserted in the thickest part registers 165 degrees F, 3 to 5 minutes more on the grill or 9 minutes more under the broiler. Transfer to a clean cutting board. Chop into bite-size pieces.

Step 4

Assemble each burrito bowl with 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup lettuce, 1/4 cup beans, 1/4 avocado, 1 tablespoon pico de gallo (or other salsa) and 1 tablespoon cheese. Serve with a lime wedge.

Tips

To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

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Nutrition Facts

Per serving: **Serving Size 1 burrito bowl, about 2 1/2 cups** 452 calories; total fat 19g; saturated fat 4g; cholesterol 90mg; sodium 462mg; total carbohydrate 36g; dietary fiber 9g; total sugars 3g; protein 36g; vitamin c 7mg; calcium 111mg; iron 3mg; potassium 995mg