

Recipes

Black Bean Burrito

Ingredients:

15 ounces black beans, canned, drained and rinsed

10 ounces corn, canned or frozen

2/3 cup salsa, mild

1 medium tomato, chopped

1 1/2 cups lettuce leaves, torn

- 1/2 cup cheddar cheese, low-fat, shredded
- 8 whole wheat flour tortillas

Equipment:

Cutting board Knife Shredder Can opener Colander

Number of Servings: 8 Prep Time: 10 minutes Total Time: 10 minutes





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Nutrition Facts

Servings: 8

Amount Per Serving			
Calories 219		Calories from Fat 36	
	%Daily Value*		
Total Fat 4g			6%
Saturated Fat 1g			4%
Cholesterol 1mg			0%
Sodium 431mg			20%
Total Carbohydrate 38g			13%
Dietary Fiber 6g			23%
Protein 9g			19%
Vitamin A	6%	Vitamin C	12%
Iron	8%	Calcium	6%
*Percent Daily Values are based on a 2,000 calorie diet.			

Directions

- 1. Drain and rinse black beans under running water to remove sodium.
- 2. Heat beans, corn and salsa together.
- 3. Spread 1/8 salsa mixture on tortilla, top with lettuce, cheese, tomato
- 4. Roll up to serve.

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