

Breakfast Burrito

Ingredients:

- 1 1/3 cups black beans, cooked, mashed
- 1/2 cup tomatoes, chopped
- 2 tablespoons red onion, chopped
- 4 corn tortillas
- 1/2 cup salsa
- 4 tablespoons nonfat plain yogurt
- 2 tablespoons cilantro, chopped

Equipment:

- Cutting board
- Knife
- Measuring cups
- Measuring spoons
- Mixing spoon

Number of Servings: 4
 Prep Time: 10 minutes
 Total time: 10 minutes

Directions

1. Add cooked beans to a bowl. Mash with a fork
2. Wash tomato. Cut in half through the core. Use a paring knife to remove core. With flat side down, slice into strips keeping the tomato together. Turn 1/4 and slice again to dice. Add to bowl.
3. Cut the ends off of the onion, remove brown layers and rinse. Cut in half lengthwise and place flat side down. Slice into strips keeping onion together. Turn 1/4 and slice again to make dice. Chop up any large pieces. Add to bowl.
4. Mix tomatoes and onions together with beans.
5. Microwave tortillas between the two sheets of slightly damp white paper towels on high for 15 seconds.
6. Divide bean mixture between the tortillas. Fold each tortilla to enclose filling. Place on microwave-safe dish and spoon salsa over each burrito. Microwave on high for 15 seconds. Serve topped with yogurt and cilantro.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and follow us on Twitter
www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts

Serving Size: 1 burrito			
Servings: 4			
Amount Per Serving			
Calories 157	Calories from Fat 10		
	%Daily Value*		
Total Fat 1g			2%
Saturated Fat trace g			1%
Cholesterol trace mg			0%
Sodium 196mg			8%
Total Carbohydrate 30g			10%
Dietary Fiber 7g			29%
Protein 8g			16%
Vitamin A 10%		Vitamin C 24%	
Iron 13%		Calcium 11%	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>			



The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.