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

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 ¼ 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 ¼ 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.

Equipment:
Cutting board
Knife
Measuring cups
Measuring spoons
Mixing spoon

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

Nutrition Facts
Serving Size: 1 burrito
Servings: 4

| Amount Per Serving | Calories: 187 | %Daily Value*
|--------------------|---------------|-----------------------
| Fat g              | 2%            | Total Carbohydrate: 8g 10% |
| Saturated Fat g    | 1%            | Cholesterol mg         0% |
| Cholesterol mg     | 0%            | Sodium: 196mg 8%       |
| Sodium: 196mg      | 8%            | Protein: 8g 16%        |
| Dietary Fiber: 7g  | 29%           | Iron: 13%               |
| Protein: 8g        | 16%           | Vitamin A: 10%         |
| Vitamin C: 24%     |                | Calcium: 11%            |

*Percent Daily Values are based on a 2,000 calorie diet.