

Chicken Burritos

Ingredients:

- 1 cup skinless, boneless chicken breasts, skinless (two breasts) cooked, chopped
- 10 ounces corn, frozen, thawed
- 2/3 cup salsa
- 1 tomato, chopped
- 4 ounces low fat cheddar cheese
- 6 lettuce leaves
- 6 whole wheat flour tortillas

Equipment:

- Cutting board
- Knife
- Measuring cups
- Non stick skillet
- Large spoon

Number of Servings: 6
 Prep Time: 15 minutes
 Total Time: 15 minutes

Directions

1. Preheat oven to 350°. Wrap tortillas in foil. Bake for 10 minutes.
2. Meanwhile, dice the chicken into small pieces. Chop the tomato and grate cheese.
3. Put the chicken, corn and salsa in a large skillet. Cook over medium heat until mixture is bubbly, stirring often. Remove skillet from burner.
4. While chicken is cooking, slice tomato in half. Remove core. With cut side down, slice tomato in 1/4" slices keeping tomato together. Turn and slice again into 1/4" dice.
5. Use a grater and grate the cheese into small pieces. Set aside.
6. Fold lettuce leaves in half, and cut into thin strips. Set aside.
7. Place tortillas on work surface. Top each tortilla with some of the chicken mixture and some of the greens and tomato. Sprinkle with some of the cheese.
8. Fold in sides of tortilla. Roll up tortillas. Cut each tortilla in half. Serve.

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Nutrition Facts			
Serving Size: 1 burrito			
Servings: 6			
Amount Per Serving			
Calories 271		Calories from Fat 45	
		%Daily Value*	
Total Fat	5g		8%
Saturated Fat	2g		8%
Cholesterol	26mg		9%
Sodium	650mg		27%
Total Carbohydrate	39g		13%
Dietary Fiber	4g		16%
Protein	19g		39%
Vitamin A	9%	Vitamin C	20%
Iron	11%	Calcium	12%

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

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