

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

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.

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: 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.

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.