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

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.

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

Nutrition Facts
Serving Size: 1 burrito
Servings: 8

- Calories 219
- Calories from Fat 36
- Total Fat 4g
- Saturated Fat 1g
- Cholesterol 1mg
- Sodium 431mg
- Total Carbohydrate 38g
- Dietary Fiber 6g
- Protein 9g

- Vitamin A 8%
- Vitamin C 12%
- Iron 8%
- Calcium 6%

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