

corn and black bean burritos

Prep time: 20 minutes
Cook time: 5 minutes

these burritos are high in flavor and easy to make

- ¼ C scallions (green onions), rinsed and sliced into ¼-inch wide circles, including green tops
- ¼ C celery, rinsed and finely diced
- 1¼ C frozen yellow corn
- ½ ripe avocado, peeled and diced
- 2 Tbsp fresh cilantro, chopped (or substitute 2 tsp dried coriander)
- 1 can (15½ oz) black beans, drained and rinsed
- ¼ C reduced-fat shredded cheddar cheese
- ¼ C salsa or taco sauce (look for lowest sodium version)
- 12 (9-inch) whole-wheat tortillas

- 1 Preheat oven to 350 °F.
- 2 Combine scallions, celery, and corn in a small saucepan. Add just enough water to cover.
- 3 Cover, bring to a boil, and reduce heat to medium. Simmer for 5 minutes, until vegetables soften. Drain vegetables. Set aside to cool.
- 4 Combine avocado, cilantro, and beans in a large mixing bowl. Add cheese and salsa, and mix.
- 5 When corn mixture has cooled slightly, add to avocado mixture.
- 6 In a large nonstick pan over medium heat, warm each tortilla for about 15 seconds on each side. Place each tortilla on a flat surface. Spoon ⅓ cup of the mixture into the center of the tortilla. Fold the top and bottom of the tortilla over the filling. Fold in the sides to make a closed packet.
- 7 Repeat with the remaining tortillas.
- 8 When all tortillas are wrapped, continue heating in the oven 5 minutes, until all are warm and cheese is melted.

Tip: Try serving with extra salsa on the side.



yield:

12 servings

serving size:

1 burrito

each serving provides:

calories	189	total fiber	3 g
total fat	3 g	protein	8 g
saturated fat	0 g	carbohydrates	34 g
cholesterol	0 mg	potassium	204 mg
sodium	257 mg		