

Chicken and Black Bean Burrito

Nutrition Facts:	
Yield	8
Calories	240
Fat	8 g
Sodium	430 mg

Code
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Ingredients Needed:

Instant brown rice- water as called for on rice box
1/8 tsp. salt
2 cups shredded cooked chicken breast
1 can black beans, drained, rinsed
1 cup mild salsa
2 tsp. chili powder
¼ cup fresh chopped cilantro
1 Tbsp. lime juice
8 low-fat, whole-wheat tortillas (8 in)
1 cup shredded reduced-fat, cheddar cheese
Salsa, if desired

Recipe Directions:

- Cook rice as directed on package for two servings, using 1/8 tsp. salt, but omitting butter if called for.
- In a medium microwaveable bowl, mix chicken, black beans, 1 cup salsa and chili powder. Microwave on high for 2 minutes or until hot, stir after 1 minute.
- Place cooked rice in a large bowl; stir in cilantro and lime juice until well blended.
- Heat tortillas as directed on package. Spoon ½ cup chicken mixture down center of each tortilla. Top with ¼ cup rice mixture and 2 Tbsp. cheese.
- Fold sides of tortilla toward center, fold ends over. Serve with additional salsa, if desired.



