

Spicy Black Bean Burrito

Nutrition Facts:	
Yield	2
Calories	560
Fat	4 g
Sodium	1,000 mg

Code
\$, Q, V



Ingredients Needed:

2 whole-wheat tortillas
2 oz. low-fat cheese
1 cup prepared salsa
½ red onion, diced
1 red bell pepper, diced
2 cans black beans
2 Tbsp. extra virgin olive oil
2 tsp. chili powder
1/8 tsp. cayenne pepper
2 cloves garlic, chopped
Salt and pepper to taste

Recipe Directions:

- Dice onions and chop garlic, let sit for at least 5 minutes.
- Dice bell peppers.
- Sauté onion and bell peppers for 5 minutes.
- Add garlic, black beans, olive oil, chili powder, cayenne pepper, salt and pepper to taste.
- Wrap ½ of mixture and 1 oz. low-fat cheese into each of the two tortillas.
- Top with salsa.

