



Black Bean Burritos

4	Whole wheat flour tortillas
1 (14.5 oz) Can	Black beans, drained & rinsed under water
2 cups	Salsa
1 med.	Onion, diced
2 cloves	Garlic, chopped
1 (10oz) pkg.	Frozen spinach
1 cup	Cooked brown rice (optional)
1/2 cup	Low fat or fat free cheese, shredded
1 tbsp.	Olive oil

Makes 4 burritos

- Preheat oven to 400° F.
- Sauté beans, garlic and onion in olive oil, over medium heat until onions are softened. Add in 1 $\frac{3}{4}$ cup salsa, frozen spinach and cooked brown rice (optional). Mix occasionally until entire mixture is well heated and spinach is no longer frozen. Remove from heat.
- To assemble burritos: Lay tortillas out flat. Place $\frac{1}{4}$ of bean mixture in a line along center of burrito. Top with some of the remaining salsa and a layer of cheese.
- Roll-up burrito and place seam down on oiled cookie sheet. Bake for 7-10 minutes, or until cheese is melted.

Nutritional Information:

Calories: 385 Total Fat: 6.66g
Saturated Fat: 1.61g Cholesterol: 2.97g
Carbohydrate: 65.00g Fiber: 14.90g
Protein: 20.31g