



One-Minute Bean Burrito

Servings 4 | Prep time 10 mins. | Total time 11 mins.

Equipment:

Cutting board
Can opener
Microwave-safe plate

Utensils:

Knife
Measuring cups and spoons

Ingredients

4 whole wheat tortillas
1 14 ounce can no salt added black beans,
drained and rinsed OR 1 3/4 cups Celebrate
Your Plate Five-Minute Refried Beans
1/2 cup salsa OR 1/2 cup Celebrate Your Plate
Summer Salsa
1/2 cup lettuce, chopped small
1 small tomato, diced
1/2 cup reduced fat cheese, shredded

Instructions

1. Before you begin, wash your hands, surfaces, tops of cans, utensils, and produce.
2. Spread 1/4 of the beans on each tortilla and top with 1/4 of the shredded cheese and salsa.
3. Arrange the flat tortillas on a large, microwave-safe plate and microwave for 60 seconds or until the beans are hot and cheese has started to melt.
4. Top the bean mixture with lettuce and tomato and close the burritos by folding in the left and right sides of the tortilla and then rolling the tortilla up from top to bottom.

Nutritional Information:

Calories 300
Total Fat 6g
Sodium 620g
Total Carbs 48g
Protein 15g