



# One-Minute Bean Burrito

Servings 1 | 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 620mg Total Carbs 48g Protein 15g