



Breakfast Burrito

Ingredients:

- 1 1/3 cup black beans (cooked, - mashed with 1 teaspoon canola oil, or use canned vegetarian refried beans)
- 4 tortillas, corn
- 2 tablespoons red onion (chopped)
- 1/2 cup tomatoes (chopped)
- 1/2 cup salsa, low sodium
- 4 tablespoons non-fat yogurt, plain
- 2 tablespoons cilantro (chopped)

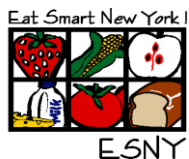
Directions:

1. Mix beans with onion and tomatoes.
2. Microwave tortillas between the two sheets of slightly damp white paper towels on high for 15 seconds.
3. Divide bean mixture between the tortillas.
4. Fold each tortilla to enclose filling.
5. Place on microwave-safe dish and spoon salsa over each burrito.
6. Microwave on high for 15 seconds.
7. Serve topped with yogurt and cilantro.

Nutrition Facts			
Serving Size: 1 burrito, 1/4 of the recipe (158g)			
Servings Per Recipe: 4			
Amount Per Serving			
Calories	160	Calories from Fat	20
% Daily Value *			
Total Fat	2.5g		4%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	220mg		9%
Total Carbohydrate	29g		10%
Dietary Fiber	7g		28%
Sugars	3g		
Protein	8g		
Vitamin A	6%	Vitamin C	8%
Calcium	8%	Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	Calories: 2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	20g	25g
Sodium	Less than	300mg	300mg
Total Carbohydrate	Less than	2,400mg	2,400mg
Dietary Fiber		300g	375g
		25g	30g
12.5% calories from fat			

Yields about 4 servings

Source: Michigan Department of Community Health, “Healthy Recipes”



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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