

Simple Black Bean Burrito

Ingredients:

- 4 – 10 inch whole wheat tortillas
- 2 teaspoons canola oil
- 1 small onion, chopped
- 1 can black beans, rinsed and drained
- 1 cup corn kernels, frozen or canned and drained
- 1 cup diced tomatoes, fresh or canned
- 1 tablespoon lime juice
- 6 ounces reduced-fat pepper jack cheese, shredded



Directions:

1. Preheat oven to 300 F. Wrap tortillas in foil and heat in the oven about 10 minutes.
2. Warm canola oil in a medium skillet over medium heat.
3. Add onion and cook 3 to 5 minutes, stirring frequently.
4. Add black beans, corn, and diced tomatoes.
5. Cook until heated through, about 5 minutes.
6. Stir in lime juice.
7. On each tortilla, spoon 1/4 of the filling along the center. Top with 1/4 of the cheese.
8. Fold the sides in over the filling and roll up the tortilla to close.
9. Repeat with all tortillas. Serve immediately.

Makes 4 servings.



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