

## Easy Burritos



### Ingredients:

- 1 1/2 cups fat-free refried beans
- 2 tablespoons red onion, chopped
- 1/2 cup tomato, chopped
- 1/4 cup reduced-fat cheddar cheese, shredded
- 4 corn tortillas
- 1/2 cup salsa
- 4 tablespoons non-fat plain yogurt
- 2 tablespoons cilantro, chopped

### Directions:

1. Mix beans, onions, tomatoes, and cheese.
2. Microwave tortillas between slightly damp paper towels for 15 seconds.
3. Divide bean mixture between the tortillas.
4. Fold each tortilla.
5. Place each folded burrito on a microwave-safe plate.
6. Spoon salsa over burritos and microwave for 15 seconds.
7. Serve with yogurt and cilantro.

Makes 4 servings.



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