

## Playnormous Healthy Recipes

# Fiery Dragon Black Bean Burrito

### Ingredients:

- 1 15 oz. can of black beans
- 1 15 oz. can of corn
- ½ cup salsa
- 4 flour tortillas
- ¼ cup low fat, shredded cheddar cheese

### Directions:

1. In the sink, pour the black beans and corn into the colander. Rinse with cold water.
2. Put the beans and corn into the mixing bowl.
3. Measure ½ cup of salsa and add the salsa to the mixing bowl.
4. Use the mixing spoon to combine the beans, corn, and salsa.
5. Place 4 tortillas on the microwaveable plate.
6. Microwave the tortillas for 30 seconds.
7. After 30 seconds, use oven mitts to remove the plate with tortillas.
8. Place one tortilla on each serving plate.
9. Add equal amounts of the bean, corn, and salsa mixture to each plate.
10. Measure ¼ cup of cheddar cheese in the ¼ cup solid measuring cup.
11. Sprinkle equal amounts of the cheddar cheese on each tortilla.
12. Roll the tortilla.

### Nutrition:

- This recipe makes 4 servings.
- Each serving counts as 1.5 vegetables.

### Safety:

- Watch out for the sharp edge on the can opener and the can's lid.
- When using the microwave, remember to use oven mitts and a microwave-safe container – not metal or plastic.

### Substitutions:

- Add a chopped tomato or onion to the burrito.
- Use kidney beans instead of black beans.
- Try with a corn, spinach, or whole wheat tortilla.

Source: Children's Nutrition Research Center at Baylor College of Medicine

