



Fiery Dragon

Black Bean Burrito



Three
kinds of
veggies!

Ingredients:

- 4 flour tortillas
- 1/2 cup salsa
- 1 15 oz can black beans
- 1 15 oz can corn
- 1/4 cup low fat shredded cheese
- 4 tsp low fat sour cream

Nutrition:

Recipe makes 4 servings
Each serving counts as 1.5 vegetables

Safety:

Watch for sharp edges on can opener
and can's lid.

Directions:

1. Drain and rinse canned corn and beans with cold water in colander.
2. Mix salsa, beans and corn in a mixing bowl.
3. Microwave 4 tortillas for 30 seconds.
4. Place one tortilla on each serving plate.
5. Divide mixture between each tortilla.
6. Sprinkle each with cheese.
7. Top with level teaspoon of sour cream.
8. Wrap and enjoy!

