

Breakfast Burrito

Serves: 4

Ingredients

1 ½ cups cooked black beans, mashed with
1 tsp. no-added-salt canola oil (or 1 ⅓ cups
canned vegetarian refried beans)
4 corn tortillas
2 Tbsp. red onion, chopped

½ cup fresh tomatoes, chopped
½ cup low-sodium salsa
4 Tbsp. plain, nonfat yogurt
2 Tbsp. cilantro, chopped
(optional)

Mix beans with onion and tomatoes.

Microwave tortillas between two sheets of slightly damp white paper towels on high for 15 seconds.

Divide bean mixture between the tortillas.

Fold each tortilla to enclose filling.

Place on microwave-safe dish and spoon salsa over each burrito.

Microwave on high for 15 seconds.

Serve topped with yogurt and cilantro.

Per serving: 165 calories, 30 g carbohydrates, 2 g fat, 1 mg cholesterol, 8 g protein, 7 g fiber, 82 mg sodium.