

Banana's Black Bean Burritos

Rating: ★★

Makes: 6 Servings

"My nickname is Banana. My mom has called me Banana ever since I was a baby because I always ate bananas. Shhh... Don't tell any other kids in Arizona that this is my nickname," says Alexandra. "Kids in Arizona love bean burritos. My version is healthier than you can find in most restaurants. I love mangoes. A good mango is a great food for any day of the year. As a side dish, I would suggest a mango soy smoothie made with frozen bananas."

Ingredients

For the Mango Salsa:

- 2 ripe mangoes, peeled and chopped
- 1/2 red onion, chopped
- 1 **tablespoon** finely chopped fresh cilantro leaves
- 1 **tablespoon** freshly squeezed lime juice
- 1 **teaspoon** olive oil
- 1/4 **teaspoon** salt
- 1/4 **teaspoon** freshly ground black pepper

For the Black Beans:

- 2 **teaspoons** olive oil
- 1/2 red onion, chopped
- 3 medium tomatoes, diced
- 1 1/2 **teaspoons** ground cumin
- 1 1/2 **teaspoons** dried oregano
- 1 **teaspoon** salt
- 2 **cans** 15-ounces each of black beans, drained and rinsed
- 6 large romaine lettuce leaves
- 6 whole-grain tortillas (warm)
- 1/4 **cup** shredded low-fat Monterey Jack Cheese



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	325	
Total Fat	7 g	11%
Protein	12 g	
Carbohydrates	52 g	17%
Dietary Fiber	13 g	52%
Saturated Fat	1 g	5%
Sodium	597 mg	25%

MyPlate Food Groups

Fruits	1/2 cup
Vegetables	1 1/2 cups
Grains	1 1/2 ounces

Directions

To make the mango salsa:

1. In a large bowl, toss together the mango, red onion, cilantro, lime juice, olive oil, salt, and pepper. Set aside.

To make the black beans:

1. In a medium sauté pan over moderate heat, warm 1 teaspoon olive oil. Add the red onion and sauté until translucent, about 5 minutes.
2. Add the tomatoes, cumin, oregano, and salt. Remove the mixture from the heat and let cool for a few minutes.
3. Transfer the tomato to a blender and pulse until smooth with some lumps.
4. In a medium sauté pan over moderate heat, warm the remaining teaspoon olive oil. Add the beans and the tomato purée and cook until thickened, about 10 minutes.
5. To assemble burritos, arrange 1 large romaine lettuce leaf on top of each tortilla and top with a scoop of the black bean and tomato mixture. Sprinkle with cheese and wrap the burritos with the salsa inside, on top, or on the side of the burrito.

Notes

State: Arizona

Child's Name: Alexandra Nickle, 10

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook