

Breakfast Burrito

Rating: ★★

Makes: 4 servings

Ingredients

- 1 1/3 cups** black beans (cooked, mashed with 1 teaspoon canola oil, or use canned vegetarian refried beans)
- 4** tortillas, corn
- 2 tablespoons** red onion (chopped)
- 1/2 cup** tomatoes (chopped)
- 1/2 cup** salsa, low-sodium
- 4 tablespoons** yogurt, non-fat plain
- 2 tablespoons** cilantro (chopped)

Directions

1. Mix beans with onion and tomatoes.
2. Microwave tortillas between the two sheets of slightly damp white paper towels on high for 15 seconds.
3. Divide bean mixture between the tortillas.
4. Fold each tortilla to enclose filling.
5. Place on microwave-safe dish and spoon salsa over each burrito.
6. Microwave on high for 15 seconds.
7. Serve topped with yogurt and cilantro.

Michigan Department of Community Health, Healthy Recipes

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 155 | |
| Total Fat | 2 g | 3% |
| Protein | 7 g | |
| Carbohydrates | 18 g | 9% |
| Dietary Fiber | 5 g | 20% |
| Saturated Fat | 0 g | 0% |
| Sodium | 287 mg | 12% |

MyPlate Food Groups

| | |
|---------------|---------|
| Vegetables | 1 cup |
| Grains | 1 ounce |
| Protein Foods | 1 ounce |