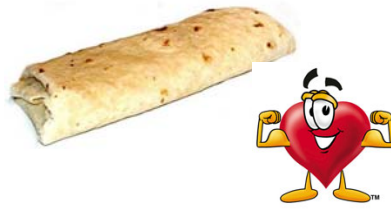


Heart Healthy Burrito

4 Servings



What you need:

- 4 (10-inch) fat-free flour tortillas
- 2 cups grilled chicken strips, pre-cooked, prepared refrigerated or frozen
- 1 1/3 cups brown rice, microwaveable
- 1 1/3 cups broccoli, microwaveable
- 2 cups Cheddar Cheese, shredded (use low-fat or fat-free for an even healthier version!)

All you do:

1. Cook chicken strips, brown rice, and prepare broccoli according to each of their package instructions. Reserve hot.
2. Warm tortillas in a microwave to 10 seconds.
3. To build 1 burrito: Place ½ cup chicken on the bottom third of each tortilla, followed by 1/3 cup of brown rice, then 1/3 cup of broccoli.
4. Evenly sprinkle ½ cup of cheese over the broccoli.
5. Repeat step 1 through 4 using remaining tortillas and ingredients.
6. Roll each tortilla into a burrito, forming a larger size burrito. Cut each burrito in half, on an angle, and serve hot.

Nutrition per Serving: Calories 761, Total Fat 25 g, Cholesterol 119 mg, Sodium 863 mg, Carbohydrates 85.6 g, Fiber 8.2 g, Protein 46.4 g