

Breakfast Burrito

Yield: 2 servings

What you need:

- ½ - ¾ cups cooked black beans - mashed with 1 teaspoon canola oil, or use canned refried beans
- 2 tortillas, corn
- 1 Tablespoons chopped red onion
- ¼ cup chopped tomatoes
- ¼ cup salsa, low sodium
- 2 Tablespoons non-fat yogurt, plain or lowfat sour cream
- 1 Tablespoons chopped cilantro



All you do:

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.

Nutrition Facts, per serving: 170 calories, 2.5g total fat, .5g saturated fat, 0mg cholesterol, 200mg sodium, 30g carbohydrate, 7g fiber, 8g protein