



## VEGAN BEAN BURRITO

**SERVES: 1** Prep Time: 10 min. Cooking Time: 2 min.

CONTAINER EQUIVALENTS (per serving): 1/2 2 1 1/2

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- 1** (6-inch) sprouted grain (or gluten-free) tortilla
- 1/4 cup + 2 Tbsp.** nonfat refried beans, warm
- 1/4** medium avocado, sliced
- 1 dash** chili powder
- 1 pinch** ground black pepper
- 1** lime wedge
- 2 Tbsp.** chopped tomato
- 2 Tbsp.** chopped red onion
- 2 Tbsp.** chopped bell pepper
- 2 Tbsp.** thinly sliced radish (about 8 slices)
- 2 Tbsp.** sliced green olives
- 2 Tbsp.** fresh cilantro leaves

- 1.** Warm tortilla in medium skillet over medium-high heat for 1 minute on each side. Set aside; keep warm.
- 2.** Spread beans in middle of wrap. Top with avocado. Season with chili powder, pepper, and a squeeze of lime.
- 3.** Top with tomato, onion, bell pepper, radish, olives, and cilantro. Roll tortilla, tucking in ends as you wrap.

### RECIPE NOTE:

Place your burrito in the middle of a rectangular piece of aluminum foil. Roll from the bottom up to keep your burrito warm and hold it together as you eat.

**NUTRITIONAL INFORMATION (per serving):** Calories: 309 Total Fat: 12 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 757 mg Carbohydrates: 40 g Fiber: 8 g Sugars: 4 g Protein: 10 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.