

Breakfast Burrito

Yield 4 servings

Ingredients

1 1/3 cup	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, plain non-fat
2 tablespoons	cilantro (chopped)

Instructions

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.

Cost

Per recipe: \$2.10

Per serving: \$0.52

Source

Michigan Department of Community Health, Healthy Recipes

Nutrition Facts	
Serving Size 1 burrito, 1/4 of recipe (158g)	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 29g	10%
Dietary Fiber 7g	28%
Sugars 3g	
Protein 8g	
Vitamin A 6%	• Vitamin C 8%
Calcium 8%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	