

# 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, non-fat plain
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: \$2.03  
Per serving: \$0.51

## 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