



## Breakfast Burrito

### 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 non-fat yogurt, plain
- 2 tablespoons cilantro (chopped)

### Directions:

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.

*Yields about 4 servings*

**Source:** Michigan Department of Community Health, “Healthy Recipes”

## Nutrition Facts

servings per container  
**Serving size 1 burrito (138g)**

Amount per serving  
**Calories 130**

% Daily Value\*

**Total Fat** 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 340mg **15%**

**Total Carbohydrate** 26g **9%**

Dietary Fiber 5g **18%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 7g

Vitamin D 0mcg **0%**

Calcium 50mg **4%**

Iron 1mg **6%**

Potassium 337mg **8%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



*Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.*

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