

Chicken Black Bean Salsa Burritos

This recipe is a good source of calcium which keeps bones and teeth strong.

Ingredients:

- 1 can (15 oz.) **black beans**, drained and rinsed
- 2 **scallions**, chopped
- 1 tablespoon **lemon juice**
- 1/4 teaspoon ground **cumin**
- 1/2 teaspoon **salt**
- 4 boneless, skinless **chicken breasts**
- 1/4 teaspoon **chili powder**
- 1/4 teaspoon ground **black pepper**
- 1/2 cup **pepper jack cheese**, grated
- 4 9" flour **tortillas**

Directions:

1. Preheat oven to 350 degrees.
2. Combine the beans, scallions, lemon juice, cumin, and 1/4 teaspoon of the salt in a small bowl.
3. Rub the chicken breast with the chili powder, pepper and the remaining 1/4 teaspoon salt.
4. Cook the chicken over medium heat for 5 minutes. Turn and cook until done, 4-5 minutes longer.
5. Let chicken cool; slice into strips or chunks.
6. Divide cheese evenly between tortillas. Top the cheese with equal amounts of chicken and black bean salsa mixture.
7. Roll up the burritos and wrap each one in foil.
8. Bake burritos until the cheese melts, about 15 minutes.
9. Refrigerate leftovers within 2-3 hours.

Bright Ideas:

Nutrition Facts			
Serving Size 1/2 burrito (148g)			
Servings Per Container 8			
Amount Per Serving			
Calories 210	Calories from Fat 50		
% Daily Value*			
Total Fat 5g			8%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 40mg			13%
Sodium 550mg			23%
Total Carbohydrate 20g			7%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 20g			
Vitamin A 2%		Vitamin C 4%	
Calcium 10%		Iron 15%	
*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

8 servings, 1/2 burrito each

Source: Adapted from Family Time Recipes.

For more recipes and other resources on eating well for less, see our web site at: <http://www.healthyrecipes.oregonstate.edu>