



IN

The Villages[®]

America's Healthiest Hometown

Corn and Black Bean Burritos

Prep Time: 20 minutes

Cook Time: 5 minutes

Yields: 12 servings

Serving Size: 1 burrito

Ingredients:

¼ c scallions (green onions), rinsed and sliced

¼ c celery, rinsed and finely diced

1 ¼ c frozen yellow corn

½ ripe avocado, peeled and diced

2 Tbsp fresh cilantro, chopped

1 can (15 ½ oz) black beans, drained and rinsed

¼ c reduced-fat shredded cheddar cheese

¼ c salsa or taco sauce (look for lowest sodium version)

12 (9-inch) whole wheat tortillas

Directions:

1. Preheat oven to 350°F.
2. Combine scallions, celery, and corn in a small saucepan. Add just enough water to cover.
3. Cover, bring to a boil, and reduce heat to medium. Simmer for 5 minutes, until vegetables soften. Drain vegetables. Set aside to cool.
4. Combine avocado, cilantro, and beans in a large mixing bowl. Add cheese and salsa, and mix.

5. When corn mixture has cooled slightly, add to avocado mixture.
6. In a large nonstick pan over medium heat, warm each tortilla about 15 seconds on each side. Place each tortilla on a flat surface. Spoon 1/3 cup of the mixture into the center of the tortilla. Fold the top and bottom of the tortilla over the filling. Fold in the sides to make a closed packet.
7. Repeat with the remaining tortillas.
8. When all tortillas are wrapped, continue heating in the oven 5 minutes, until all are warm and the cheese is melted.

Tip: Try serving with extra salsa on the side.

Nutritional Information:

Calories: 189

Total fat: 3 g

Saturated fat: 0 g

Cholesterol: 0 mg

Sodium: 257 mg

Total fiber: 3 g

Protein: 8 g

Carbohydrates: 34 g

Potassium: 204 mg

Source: Deliciously Healthy Dinners from The National Heart, Lung, and Blood Institute