

Black Bean Burritos

1 15 oz can no salt added black beans
½ cup onion, sliced
4 whole wheat tortillas
1 cup medium salsa
1 avocado, sliced
1 cup shredded part skim mozzarella
1 cup shredded lettuce

Pour entire can of black beans in small saucepan. Add onion and heat on medium for about 10 minutes, stirring occasionally to prevent scorching. Heat tortillas in microwave for about 20-30 seconds. Place each tortilla on plate. Top with ½ cup black beans, ¼ cup salsa, 3 slices avocado, ¼ cup shredded cheese and lettuce. Roll up and serve.

Makes 4

Calories 340 Fat 9g Carbohydrate 50g Dietary Fiber 9g Protein 16g Sodium 640mg