



Black Bean Burritos

Serves 4

- 4 (10 inch) wheat or multi-grain reduced fat tortillas
- 1 Tbsp vegetable oil
- 1 medium onion, chopped
- 1 red bell pepper, chopped
- 2 teaspoons minced garlic
- 2 (15 ounce) cans black beans – no salt added, rinsed and drained
- 2 teaspoons minced jalapeno peppers
- ¾ cup reduced fat Colby-jack cheese
- ¼ cup chopped fresh cilantro

1. Wrap tortillas in foil and place in oven heated to 350 degrees. Bake for 15 minutes or until heated through.
2. Heat oil in a non-stick 10-inch skillet over medium heat. Place onion, bell pepper, garlic and jalapenos in skillet, cook for 2 minutes stirring occasionally. Pour beans into skillet, cook 3 minutes stirring. Stir cilantro into mixture.
3. Divide cheese evenly and sprinkle on warmed tortilla.
4. Spoon mixture evenly down center of tortilla over cheese and roll tortillas up. Serve immediately.

Nutritional Analysis

Calories	430
Fat	9g
Saturated Fat	1.5g
Cholesterol	5mg
Sodium	300mg
Carbohydrates	63g
Fiber	16g
Sugar	4g
Protein	23g

Diabetic Exchanges:

Protein	3
Fat	2
Carbohydrate	4