



## Chicken & Black Bean Burritos

**Prep: 40 minutes**

**Bake: 15 minutes • Serves: 8**

- 1 teaspoon olive oil
- 1 can (4 ounces) diced mild green chiles
- 1 medium red onion, chopped
- 1 red bell pepper, chopped
- 1 can (14 ounces) black beans, rinsed and drained
- 3½ cups shredded boneless, skinless rotisserie chicken meat (from about 1 chicken)
- ¼ cup fresh lime juice
- 1 tablespoon ground cumin
- ¾ cup shredded Cheddar cheese
- ¼ cup chopped fresh cilantro leaves plus sprigs for garnish (optional)
- Nonstick cooking spray
- 8 (8- to 10-inch) whole wheat flour tortillas
- ½ cup medium salsa

1. Preheat oven to 350°. In large saucepot, heat oil over medium-high heat. Add chiles, onion and bell pepper,

and cook 5 to 7 minutes or until vegetables are almost tender, stirring occasionally. Reduce heat to medium. Stir in beans, chicken, lime juice and cumin, and cook 8 to 10 minutes or until heated through, stirring occasionally. Remove saucepot from heat; fold in cheese and cilantro.

2. Spray rimmed baking pan with nonstick cooking spray. Evenly spoon about 1 cup chicken mixture down center of each tortilla; fold sides over filling. Place burritos seam side down in prepared pan. Bake 15 to 20 minutes or until tops of burritos are lightly browned. To serve, top each burrito with 1 tablespoon salsa and garnish with cilantro sprigs, if desired.

*Approximate nutritional values per serving: 355 Calories, 11g Fat (28% of total calories), 4g Saturated Fat (10% of total calories), 57mg Cholesterol, 742mg Sodium, 38g Carbohydrates, 6g Fiber, 25g Protein*

*Dietary Exchanges:  
2½ Starch; 3½ Protein; 2g Fat*

### *Chef Tips*

*Substitute 3½ cups shredded boneless, skinless chicken breast meat: save 35 calories, 3g fat (1g saturated) and 18mg cholesterol.*

*Substitute reduced fat cheese: save 24 calories and 2g fat (2g saturated).*