

Corn and Black Bean Burritos



Ingredients:

- ¼ cup green onions, rinsed, and sliced into ¼-inch-wide circles
- ¼ cup finely diced celery, rinsed
- 1¼ cup frozen yellow corn
- ½ ripe avocado, peeled, and diced
- 2 tablespoons fresh chopped cilantro
- 1 15½-ounce can black beans, drained and rinsed
- ¼ cup reduced-fat shredded cheddar cheese
- ¼ cup salsa or low-sodium taco sauce
- 12 9-inch whole-wheat tortillas

Preparation:

1. Preheat oven to 350 F.
2. Combine green onions, celery, and corn in a small saucepan. Add just enough water to cover.
3. Cover the saucepan with a lid and bring to a boil. Then reduce heat to medium and 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.

5. When corn mixture has cooled slightly, add to avocado mixture.
6. In a large nonstick pan over medium heat, warm each tortilla for about 15 seconds on each side. Place each tortilla on a flat surface. Spoon ⅓ 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 for about 5 minutes, until burritos are warm and cheese is melted.

Yields 12 (1 burrito) servings

Nutritional Information Per Serving:

189 calories, 3 g total fat, 0 g saturated fat, 0 mg cholesterol, 257 mg sodium, 3 g fiber, 8 g protein, 34 g carbohydrate

Source: National Institutes of Health; National Heart, Lung and Blood Institute

Dining Smart Community is a program of UPMC Health Plan that supports healthy dining options in the workplace and the community. Learn more at www.upmchealthplan.com/dscommunity.

