ILLINOIS EXTENSION

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES Recipe provided by:

Nutrition & Wellness Educator Jenna Smith, MPH, RD Serving McLean, Livingston, & Woodford Counties

Bean & Chicken Burritos

2 cans fat-free refried beans 1 cup salsa 3-4 cups cooked chicken, chopped 2 cups reduced-fat shredded cheddar cheese 16 whole grain tortillas

Instructions: Preheat oven to 350°F. Wash hands with soap and water. Stir beans, salsa, and chicken in a large bowl. Evenly spread mixture onto each tortilla. Sprinkle each with cheese. Roll up and turn ends under. Bake for 20–30 minutes until heated through. Place leftovers in a freezer bag; freeze. To thaw, place in the refrigerator overnight. Reheat in the oven or microwave until internal temperature reads at least 165°F with a thermometer.

Yield: 16 servings

Nutrition Facts (per serving): 230 calories, 6 grams fat, 710 milligrams sodium, 28 grams carbohydrate, 7 grams fiber, 17 grams protein

