

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