

 **Prep:** 15 minutes
 **Cook:** 7 minutes
 **Servings:** 4

Easy Chicken and Black Bean Burritos

INGREDIENTS

- 1 can (~15 oz) Black Beans, any variety, *drained*
- 2 cups chicken, *cooked and shredded*
- 1 cup salsa, mild or spicy
- ½ tsp chili powder
- ½ tsp ground cumin
- Pinch of cayenne pepper
- ½ lime, *juiced*
- 4 (8-inch) tortillas
- ¼ cup sour cream
- 1 cup Monterey Jack cheese, *shredded*
- ¼ cup green onion, *finely chopped*

DIRECTIONS

1. Combine beans, chicken, salsa, spices and lime juice in a medium saucepan or microwaveable bowl. Cook on low heat or in the microwave until heated through.
2. Spread about ½ cup of the bean mixture down the center of each tortilla. Top each evenly with sour cream, cheese and green onion.
3. Roll up burrito style and cut in half to serve.

Nutritional Analysis, per serving

Calories 386

Total Fat 15g

Saturated Fat 8g

Carbohydrate 28g

Fiber 7g

Sugar 3g

Protein 36g

Sodium 850mg

(37% DV)

