



Black Beans

Black Bean Burrito

Ingredients:

Black beans, drained,
rinsed
Frozen whole kernel corn
Salsa
Whole wheat tortillas (8
inch)
Shredded reduced-fat
Cheddar cheese
Chopped tomato
Chopped fresh cilantro
Lime wedges, if desired

Cooking Directions:

1. In medium microwavable bowl, microwave **1 can** of black beans, **1 cup** of corn and **1/2 cup** of salsa uncovered on High for 3 to 5 minutes, stirring halfway through cooking time, until thoroughly heated.

How to serve:

- Top tortillas with bean mixture, cheese, tomato and cilantro. Squeeze juice from lime wedges over filling.
- Roll up tortillas tightly.

