

Helpful Hints:

Buy a pre-cooked chicken at your local grocery store. Use it to make two to three meals, including these burritos. Save two cups of chicken for this recipe.

If you choose not to use bacon, instead of using the bacon's pan drippings to saute the chicken, red pepper, and garlic in, use one tablespoon of vegetable oil.

Use fresh salsa, such as Garden Fresh Gourmet® brand salsa. Fresh salsas contain a lot less sodium than processed salsas. Fresh salsa is located in the deli section at most grocery stores. As an alternative to fresh salsa, you can use one can of diced tomatoes and one package of low sodium taco mix.

Rinse the black beans. This will remove a lot of the salt and stop them from sticking together.

Check the nutrition facts label on the whole wheat tortillas. Their calories, fat, and fiber content can vary greatly.

Serve with a side of vegetarian refried beans. Squeeze lime juice over the beans for a great addition of flavor.

Nutritional Highlights:

- High in fiber
- High in protein

hap.org



Notes

Chicken and Black Bean Burritos

Serves: 6

Ingredients:

- 2 cups chopped chicken, cooked
- 3 slices bacon, cooked*
- 2 large garlic cloves, minced
- 2 cups fresh salsa*
- 1 15 ounce can of black beans
- 1 red bell pepper, sliced or diced
- 1 teaspoon cumin
- 2 -3 green onions, thinly sliced

- 8 ounces shredded reduced-fat monterey jack cheese
- 12 6" whole wheat flour tortillas

Optional Ingredients:

- 1 avocado, diced
- 2 tomatoes, diced
- 3 ounces fat free sour cream
- 3 cups lettuce



* See helpful hints



Directions:

Pull the cooked chicken into short, thin strips or dice. Use either cooked bacon or cook the bacon in large skillet until crisp, then remove to paper towel, cool, then crumble. Toss the cooked chicken, red pepper and garlic in the bacon's pan drippings for one minute. Add the cumin and toss well. Add the black beans, one cup of the salsa and all the crumbled bacon. Mix well and simmer for two minutes. Stir in green onions.

Spoon a heaping 1/4-cup bean mixture down center of each tortilla; top with cheese (save some cheese to sprinkle on top). Roll and place seam side down in a lightly sprayed oven-proof dish. Spoon the remaining one cup of salsa over burritos and top with remaining cheese. Cover with aluminum foil and bake for 15 minutes at 350 degrees. Remove foil and bake until the cheese is lightly browned.

Serve and garnish with shredded lettuce, diced tomatoes, diced avocado and a dollop (about one tablespoon) of sour cream.

All Star Ingredients:

Black Beans: Beans digest very slowly, therefore, raising your blood sugar very slowly. This makes them an ideal food for people with diabetes, metabolic syndrome or weight challenges. Beans also provide sustained energy and help lower cholesterol. They are a great source of protein and one of the best sources of fiber. Fiber has been associated with lower risks of heart disease, diabetes, obesity and cancer.¹

Cumin: Cumin is a good source of iron and may help reduce heartburn and improve digestion. The essential oil of the seeds is also an anti-microbial.¹

Garlic: Garlic lowers cholesterol and triglycerides, and may raise HDL (good cholesterol). It reduces blood pressure, plaque on your artery walls and blood clots. It decreases risk of stomach and colon cancer, and possibly other cancers. Garlic also helps fight the common cold, bacteria, fungi and parasites. New studies suggest it may help in weight control as well.¹

Onion: Onions are a cancer-fighting food. They may protect against stomach cancer, prostate cancer, and esophageal cancer. Onions also help build strong bones and contain powerful antioxidants that are anti-inflammatory and anti-allergic. These anti-allergic properties can help relieve asthma and hay fever symptoms.¹

Red Pepper: Peppers are an excellent source of vitamins C and A (beta-carotene), and potassium. They also contain vitamin K. Vitamin K plays an important role in blood clotting and may be an important component to bone health.¹

Nutrition Information (per serving)*

(Serving Size 1 burrito)

Calories (kcal):	225
Total Fat (g):	6
Saturated Fat (g):	2
Monounsaturated Fat (g):	3
Polyunsaturated Fat (g):	1
Cholesterol (mg):	22
Sodium (mg):	370
Total Carbohydrate (g):	30
Dietary Fiber (g):	5
Sugar (g):	2
Protein (g):	14

* Nutrition information was based off of the use of dark meat chicken. The amount of sodium may vary greatly depending on the salsa you use.

Food Exchanges:

- 2 Grain
- 3 Meat (Protein)
- 1 Vegetable
- 0 Fruit
- 0 Milk
- 1 Fat
- 0 Other Carbohydrates

Recipe created by Chef Paul Penney, Certified Personal Chef. For more information about Chef Paul Penney, go to www.callchefpaul.com or email him at chefpaul@callchefpaul.com.



¹Bowden, Jonny Ph.D., C.N.S. "The 150 Healthiest Foods on Earth." Fair Winds Press. Copyright 2007.