

Senior Food Fair

Vegetable Burritos

You'll Need:

Vegetable cooking spray
1 pound fresh mushrooms, sliced
1 medium onion, chopped
1 green bell pepper, chopped
1 cup thinly sliced zucchini
2 garlic cloves, minced
2 teaspoons vegetable oil
1 (15 oz) can pinto or kidney beans, drained
¼ teaspoon black pepper
1 teaspoon ground cumin
8 (8-inch) flour tortillas
8 Tablespoons reduced-fat sour cream
1 cup salsa
½ cup (2 oz) shredded, reduced-fat cheddar cheese
Additional salsa as desired for topping

Take Out:

Measuring spoons
Dry measuring cups
Liquid measuring cups
Knife
Spoon
Large nonstick skillet
Cutting board
Platter
Dish towel

Wash your hands for at least 20 seconds with soap under warm running water.

1. Slice mushrooms and zucchini. Chopped onion and bell pepper and mince garlic. Heat large non-stick skillet over medium heat and add oil. Cook mushrooms, onion, pepper, zucchini and garlic until tender.
2. Remove from heat.
3. Add beans, cumin and pepper to vegetable mixture.
4. Spoon approximately ½ cup of vegetable mixture down the middle of each tortilla.
5. Top with 1 tablespoon each of sour cream, salsa or tomatoes, and cheese.
6. Fold opposite side of tortilla over filling.
7. Coat nonstick with vegetable cooking spray.
8. Place over medium-high heat until hot.
9. Cook filled tortillas, one at a time, seam side up, until heated through – approximately 1-2 minutes. Place on platter, cover with clean dish towel and keep warm.
10. Serve with additional salsa.

8 servings

Nutrient analysis for one burrito:

Calories: 262	Carbohydrate: 36 grams	Protein: 12 gm
Fat: 9 grams	Saturated fat: 4 grams	Cholesterol: 13 mg
Sodium: 447 mg	Fiber: 7 grams	