

Chicken and Black Bean Stuffed Burritos

Makes 4 burritos

Adapted from [Cooking Light](#)

If you can't do grains or gluten simply top mixed greens with the spicy chicken and bean mixture for a delicious salad.

Ingredients

¼ cup water
2 tablespoons fresh lime juice (about 1 lime)
½ teaspoon chili powder
¼ teaspoon ground cumin
¼ teaspoon black pepper
⅛ teaspoon ground red pepper
2 cups shredded cooked chicken
¼ cup thinly sliced green onions
¾ cup cooked black beans
(if canned, rinse and drain)
½ cup salsa
4 (8-inch) whole wheat flour tortillas
½ cup shredded Monterey Jack cheese



Directions

1. Bring first 6 ingredients to a boil in a small saucepan. Stir in shredded chicken and green onions.
2. Combine beans and salsa and warm up in small pan or microwave. Spoon ¼ cup bean mixture and ½ cup chicken mixture down center of each tortilla; sprinkle with 2 tablespoons cheese.
3. Roll up and eat!

Nutrition Information per burrito (will vary depending on which tortilla you use): Calories 338, Fat 11.5g, Saturated Fat 3.3g, Cholesterol 60mg, Sodium 348mg, Carbohydrates 30.4g, Fiber 6.8g, Protein 26.9g