



Winn-Dixie Supermarkets
Baked Chicken and Bean Burritos



Ingredient List

- 8 (8-in.) whole wheat or chili-seasoned flour tortillas
- 1 can (15 oz.) pinto beans or black beans, rinsed, drained*
- 1 cup Complete® Wheat Bran Flakes
- 1 can (4 oz.) diced green chile peppers, drained
- 1 cup finely chopped, cooked chicken
- 1 cup (4 oz.) shredded reduced-fat Monterey Jack cheese with jalapeno peppers
- 1 cup (4 oz.) reduced-fat cheddar cheese
- 1/3 cup sliced green onions
- 3/4 cup salsa
- 1/2 cup fat-free sour cream
- Chopped fresh cilantro or parsley (optional)

Directions

1. Tightly wrap tortillas in foil. Bake at 350° F for 15 minutes or until softened.
2. Meanwhile, use back of spoon to slightly mash beans. Stir in cereal and chile peppers. Spread bean mixture on each tortilla just below center. Sprinkle beans with chicken, cheese and onions. Fold tortilla edge over filling. Fold in sides. Roll up. Secure with toothpicks, if needed.
3. On baking sheet coated with nonstick cooking spray, place tortillas, seam side down. Bake at 350° F for 15 minutes or until heated through. Spoon salsa and sour cream on top. Sprinkle with cilantro, if desired.

Yield: 8 burritos

*Note: Lower sodium by substituting dried beans for the canned beans. In medium saucepan combine 3 cups water and 3/4 cup dry pinto beans or dry black beans. Bring to boiling. Reduce heat. Simmer, uncovered, for 2 minutes. Remove from heat. Let stand, covered, for 1 hour. Drain. Rinse. Return beans to saucepan. Add 3 cups fresh water. Bring to boiling. Reduce heat. Simmer, uncovered, for 1 hour or until beans are tender. Drain. Use as directed above in recipe.

Servings: 4

Time: 20 minutes