

Vegetarian Burrito

Saginaw Career Center



Ingredients

1 c dried black beans
½ c diced red pepper
½ c diced green onion
½ c diced onion
1 c peeled and cubed
butternut squash
3 oz. of mushrooms, sliced
3 Tbsp. olive oil
¼ tsp. chili pepper
½ c low fat cheddar cheese
shredded
1 lime
Salt and pepper to taste
Flour tortillas

Directions

In a large sauce pan bring 4 cups of water to a boil with black beans. Reduce heat and cook about 45 minutes (add more water if necessary) Drain
Heat oil in a large saucepan and sauté regular onions, then add peppers, green onions, squash and mushrooms. Cook about 5 minutes and add black beans. Season with chili pepper and salt and pepper.
Add the juice of half of the lime.
Heat up flour tortilla, top with about half a cup of mixture, add cheese.
Garnish with sour cream and or salsa if desired

Nutritional Information	Servings5
Calories per serving	367
Total Fat	13g
Saturated Fat	3g
Cholesterol	2.5mg
Sodium	564mg
Total Carbohydrates	51g
Dietary Fiber	9g
Protein	14g