Black Bean Burritos

INGREDIENTS

- 2 tsp canola oil
- 1 cup onion (chopped)
- 2 tbsp jalapeno pepper, minced
- 2 cloves garlic, minced
- 1 tbps ground cumin
- 1 tsp ancho chile powder or regular chile powder
- 15 oz no-salt-added black beans, drained and rinsed
- 3/4 cup water
- 1/3 cup prepared salsa
- 1 tbsp lime juice
- 4 large whole-wheat flour tortillas
- 1/2 cup shredded reduced-fat Pepper Jack cheese
- 1/2 cup shredded romaine lettuce
- 1 large avocado (peeled and coarsely mashed)
- 4 tbsp cilantro leaves (torn)
- 4 tbsp greek nonfat plain yogurt

INSTRUCTIONS

1. Heat oil in large skillet over medium heat. Add onion; cook, stirring often, until softened, 3 to 5 minutes. Add jalapeño, garlic, cumin, and chile powder; cook, stirring, 30 seconds. Add beans, water, and salsa. Bring to a simmer. Cook, uncovered, over medium heat until much of the liquid has evaporated, but mixture is still a little saucy, 5 to 10 minutes. Mash about one quarter of the beans. Stir whole and mashed beans together. Stir in lime juice.
2. Meanwhile, heat tortillas. To heat in microwave: Wrap individually in paper towels and microwave at High power for 10 to 15 seconds per tortilla. To heat tortillas on stovetop: Heat tortillas, one at a time, in dry medium skillet (*not* nonstick) over medium heat until puffed, about 20 seconds per side. You can also enclose tortillas in a foil packet and heat in 350ºF-oven for about 10 minutes.
3. To serve, spoon a scant 1/2 cup bean mixture down center of each warm tortilla, Garnish each one with 2 Tbsp cheese, 2 Tbsp lettuce, 1 Tbsp avocado, 1 Tbsp cilantro and 1 Tbsp yogurt. Fold bottom of tortilla over filling. Fold left side over filling, then warp to the right to enclose filling. Makes 4 servings.

(*Per serving (with garnishes): Calories: 390. Total fat: 16 grams. Saturated fat: 3 grams. Cholesterol: 10 milligrams. Sodium: 400 milligrams. Carbohydrates: 45 grams: Fiber: 11 grams. Protein: 16 grams.)*