

Chipotle Chicken Burritos

Ingredients:

2 teaspoons canola oil
½ cup chopped red onion
2 cloves garlic, minced
1-15 oz. can no salt added black beans, rinsed and drained
½ cup water
2 tablespoon minced canned chipotle pepper in adobo sauce
2 cups cooked chicken, shredded (can use deli roasted chicken)
2 cups chopped spinach
1 cup shredded sharp cheddar cheese
2 tablespoons chopped fresh cilantro
1 tablespoon fresh lime juice
¼ teaspoon salt
4 8-inch whole wheat tortillas

Directions:

Preheat oven to 350° F. Heat oil in large skillet over medium heat. Add onion and garlic, saute' until the onion softens, stirring occasionally. Add beans, water and chipotle. Bring to simmer, mashing the beans slightly with the back of a spatula. Stir in chicken and spinach. Cook until thickened, about 2 minutes. Remove from heat and stir in cheese, cilantro, lime juice and salt. Spread about ¾ cup filling on the bottom third of each tortilla and roll up, "burrito-style".

Place on baking sheet and bake in oven for 15-20 minutes or until hot and slightly browned on the outside. Serve immediately.

For meal prep, let burritos cool slightly, then wrap individually in aluminum foil and place in a sealable freezer bag. Freeze up to 3 months. To reheat, unwrap a burrito, place on plate, cover with paper towel and microwave on high until heated through, 2-3 minutes.

Nutrition Info: (for one burrito)

Calories: 515

Fat: 18 grams

Saturated Fat: 10 grams

Carbohydrate: 42 grams

Fiber: 6 grams

Protein 39 grams

Sodium: 870 mg.

Exchanges: 4 lean meat, 2 starches, 2 vegetable, 2 fat