

Black Bean Burritos (September 2006)

Serves 4 | Prep time: 10 minutes | Cook time: 5 minutes

1 tsp canola oil
2 cans black beans, drained and washed
1 tsp cumin
½ tsp sea salt

Toppings:

1 large avocado, diced
1 large tomato, diced or ½ cup salsa
½ cup yogurt
½ cup diced Spanish onion
¼ cup chopped cilantro

4 sprouted grain tortilla's

1. Preheat large frying pan on medium heat.
2. Add oil, beans, cumin and salt. Stir frequently to prevent sticking.
3. Cook for 5 minutes and set aside.
4. Prepare toppings and place each into a small bowl.
5. Heat the tortillas in the oven or on the stove (using a small frying pan).
6. To make burritos, place ¼ of bean mixture on each tortilla. Use ¼ of each topping for each burrito. Wrap and eat!

A great source of protein, fiber and other nutrients, this burrito is great when you are short on time.