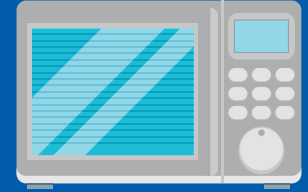


Make in the Microwave

Breakfast Burrito



Ingredients:

- 1 $\frac{1}{3}$ cups black beans (cooked, mashed with 1 teaspoon canola or other oil; or use canned refried beans)
- 4 tortillas
- 2 tablespoons red onion (chopped)
- $\frac{1}{2}$ cup tomatoes (chopped)
- $\frac{1}{2}$ cup salsa
- Optional: 4 tablespoons yogurt, plain
- Optional: 2 tablespoons cilantro (chopped)



INGREDIENTS FOR HEALTH

Directions:

- 1 Mix beans with onion and tomatoes.
- 2 Microwave tortillas between the two sheets of slightly damp white paper towels on high for 15 seconds.
- 3 Divide bean mixture between the tortillas.
- 4 Fold each tortilla to enclose filling.
- 5 Place on microwave-safe dish and spoon salsa over each burrito.
- 6 Microwave on high for 15 seconds.
- 7 Serve topped with yogurt and cilantro.

Here's another healthy idea:



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