Dinner Tonight!
Southwest Veggie Burrito

**Ingredients:**
1 cup shredded cheese (you can use low fat)
4 large whole wheat or flour tortillas
2 small/med avocados, seeded, peeled, and chopped
½ tsp. garlic powder
1 can black beans rinsed and drained (15.25 o.z.)
½ can corn (8.75oz.)
1 Tsp olive oil
1 cup chopped tomatoes
¼ cup onion

**Optional:**
½ or 1 jalapeño
¼ cup cilantro

Preheat oven to 300°F. Combine together the black beans, corn, garlic powder, avocado, onion, and chopped tomato. If you would like to add the jalapeño and cilantro combine it with the above ingredients. Set aside mixture.

Heat a large skillet over medium-high heat for 2 minutes with olive oil; reduce heat to medium. Cook tortilla for 2 to 3 minutes or until lightly browned, turning twice. Transfer tortilla to a baking sheet. Place cheese and ¼ prepared mixture on side of tortilla and fold to make burrito (You can use a toothpick to hold together). Place burrito in oven for 5-10 minutes and turn once to toast both sides until heated through and through. Serve while hot.

In the video I also placed garlic in the olive oil to toast the tortilla, that is optional and make sure you really like garlic if you do because there is already garlic powder in the mixture. Enjoy!

**Nutrition Facts Per Serving: (1/2 13" burrito)**

Calories: 260
Total Fat: 12 g
Cholesterol: 15 mg
Sodium: 270 mg
Total Carbohydrate: 26 g
Dietary Fiber: 6 g
Sugars: 3 g
Protein: 10 g