



*Healthy Food, Healthy Families*  
**EFNEP**  
 EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

## Chicken and Black Bean Burritos

- 1/4 cup water
- 2 tablespoons fresh lime juice
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground red pepper
- 2 cups shredded rotisserie chicken breast
- 1/4 cup thinly sliced green onions
- 3/4 cup canned black beans, rinsed and drained
- 1/2 cup refrigerated fresh salsa
- 4 (8-inch) flour tortillas
- 1/2 cup shredded Monterey Jack cheese
- Cooking spray
- Chili peppers



1. Bring first 6 ingredients to a boil in a small saucepan. Stir in shredded chicken and green onions.
2. Combine beans and salsa. Spoon 1/4 cup bean mixture and 1/2 cup chicken mixture down center of each tortilla; sprinkle with 2 tablespoons cheese. Roll up.
3. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add 2 burritos. Place a cast-iron or other heavy skillet on top of burritos, and cook for 3 minutes on each side. Remove from pan, and repeat procedure with the remaining 2 burritos.
4. Top with chili peppers of your choice. (optional)

Nutrition Facts	
Serving Size 1 burrito (221g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 310	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 4g	20%
<b>Cholesterol</b> 70mg	<b>24%</b>
<b>Sodium</b> 600mg	<b>25%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 4g	15%
Sugars 2g	
<b>Protein</b> 29g	
Vitamin A 10%	Vitamin C 15%
Calcium 15%	Iron 15%



For more information contact Wildcat Extension Offices:

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