

Black Bean Burrito Bake with Jicama & Apple Slaw

1	can	(7-ounce) chipotle chiles in adobo sauce	4	each	(8-inch) flour tortillas
1/2	cup	reduced-fat sour cream			Cooking spray
1	can	(15-ounce) black beans, rinsed, drained, and divided	1	cup	bottled salsa
			1/2	cup	(2 ounces) shredded Monterey Jack cheese
1	cup	frozen whole-kernel corn, thawed	4	servings	jicama & apple slaw



Procedure

- 1 Preheat oven to 350°.
- 2 Remove one chile from can. Chop chile. Reserve remaining adobo sauce and chiles for another use. Combine sour cream and chile in a medium bowl; let stand 10 minutes.
- 3 Place half of beans in a food processor; process until finely chopped. Add chopped beans, remaining beans, and corn to sour cream mixture.
- 4 Spoon 1/2 cup bean mixture down the center of each tortilla. Roll up tortillas; place, seam side down, in an 11 x 7-inch baking dish coated with cooking spray. Spread salsa over tortillas; sprinkle with cheese. Cover and bake at 350° for 20 minutes or until thoroughly heated.

Servings: 4

Yield: 4 servings (serving size: 1 burrito)

Nutrition Facts

Serving size: 1/4 of a recipe.

Amount Per Serving	
Calories	450
% Daily Value	
Total Fat 14.7g	23%
Sodium 934mg	39%
Total Carbohydrates 71.3g	24%
Fiber 11.2g	45%
Protein 16.7g	33%

Recipe Type

Miscellaneous, Vegetarian

Source

Source: Cooking Light

Web Page: www.myrecipes.com/recipe/black-bean-burrito-bake-0

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Author Notes

Half of the beans are finely chopped to give the filling a thick, creamy consistency. This dish can be made up to 8 hours in advance and chilled; just bring it back to room temperature before baking.