

## Open-Face Burrito

### Ingredients:

1 whole-wheat tortilla (approx. 100-120 calories)  
½ cup black beans or fat-free refried black beans  
½ cup romaine and iceberg lettuce, chopped  
½ cup tomatoes, chopped  
1 ounce nonfat or low-fat cheddar cheese  
1 ounce avocado, mashed  
1 tablespoon reduced fat sour cream (optional)

### Directions:

Preheat oven to 375°F. Spread beans on top of wrap. Add mashed avocado and cheese on top of beans. Place in oven for approximately 15-20 minutes until cheese melts and starts to brown. Sprinkle chopped tomatoes and lettuce on top of burrito and add a dollop of sour cream.

Makes 1 serving.

<b>Nutrition Facts</b>			
Serving Size 1 burrito (474g)			
Servings Per Container 1			
<b>Amount Per Serving</b>			
<b>Calories 450</b>		<b>Calories from Fat 170</b>	
% Daily Value*			
<b>Total Fat</b> 19g			<b>29%</b>
Saturated Fat 10g			<b>50%</b>
Trans Fat 0g			
<b>Cholesterol</b> 40mg			<b>13%</b>
<b>Sodium</b> 980mg			<b>41%</b>
<b>Total Carbohydrate</b> 51g			<b>17%</b>
Dietary Fiber 13g			<b>52%</b>
Sugars 4g			
<b>Protein</b> 20g			
Vitamin A 20%		•	Vitamin C 30%
Calcium 8%		•	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	•	Carbohydrate 4
		•	Protein 4

Source: SHAPE magazine. 15 Fast and Easy Meals for the Girl who Doesn't Cook.  
<http://www.shape.com/healthy-eating/meal-ideas/15-fast-and-easy-meals-girl-who-doesnt-cook?page=14>