

THE CARE AND FEEDING OF AN **ALMOST ADULT**



■ **BLACK BEAN AND VEGETABLE BURRITOS**

Serves 2

INGREDIENTS:

- 2 9- to 10-inch-diameter flour tortillas
- 1/2 cup chopped onion
- 1 teaspoon vegetable oil
- 1/4 teaspoon ground cumin
- 1/4 teaspoon chili powder
- 1 chopped red bell pepper
- 1/2 cup frozen corn kernels, thawed
- 1 medium carrot, coarsely grated
- 1 15-oz. can black beans, rinsed, drained
- 1/4 cup drained canned Mexican-style stewed tomatoes
- 1 teaspoon minced seeded jalapeño chile
- 2 ounces grated Monterey Jack cheese
- 2 tablespoons nonfat sour cream
- 2 tablespoons chopped fresh cilantro

DIRECTIONS:

- ✓ Preheat oven to 350°F.
- ✓ Wrap tortillas in foil. Warm in oven until heated through, about 15 minutes; make the filling in the meantime.
- ✓ Heat oil in large nonstick skillet, add onion.
Stir until onion is golden, about 6 minutes.
- ✓ Add cumin and chili powder; stir well.
- ✓ Add bell pepper, corn and carrot; sauté until almost tender, about 5 minutes.
- ✓ Add beans, tomatoes and jalapeño; bring to simmer. Remove from heat.
- ✓ Put warm tortillas on clean work surface.
Spoon filling down center, dividing equally.
- ✓ Top each with remaining ingredients: cheese, sour cream and cilantro.
- ✓ Fold sides of tortillas over filling, forming packages.
Turn each package, seam side down.