

Jane's Jammin Burritos

Serves: 12

amount	unit	Ingredients:
1	each	onion, chopped
3	each	garlic clove, minced
2	each	red bell pepper, chopped
3	cups	Napa cabbage, shredded
1	can	fat free vegetarian refried beans
1	can	low sodium black beans, rinsed and drained
2	tsp	cumin
0.25	tsp	cayenne pepper
2	tsp	chili powder
12	each	Mission Whole Wheat original soft taco wrap

Instructions: Saute onion in large skillet with a little water on medium high heat for 3 minutes. Add garlic and sauté 1 more minute. Add red pepper and cabbage to the skillet. Cook for 5 minutes until vegetables are tender and cabbage is wilting. Add the refried beans and the black beans to the skillet. Cook on medium heat until thick and heated through. Season with cumin, cayenne, and chili powder. Place a large spoonful onto the center of the wrap and fold. Place wraps seam-side down on parchment lined baking sheet. Bake at 350 degrees for 20 minutes or until crisp and golden. Serve with salsa and guacamole.

Nutritional Information:

Calories: 170 ; Carbohydrates: 32g; Fiber: 8g; Sugars: 3g; Protein: 9g; Fat: g; Saturated Fat: 0g;
Cholesterol: 0mg; Sodium:260 mg