

A Protein-Packed Chicken Fajita Burrito Recipe



NUTRITION: 355 calories, 13 g fat (6 g saturated), 740 mg sodium
SERVES 4

Ingredients

1/2 Tbsp canola oil

1 large onion, sliced.

1 red bell pepper, sliced.

1 poblano or green bell pepper, sliced.

Salt and black pepper to taste.

1/2 can (14–16oz) black beans, drained

1/4 tsp cumin

Juice of 1 lime

Hot sauce

4 (10") whole-wheat tortillas

1 cup low-fat shredded Jack cheese

2 cups shredded chicken (about half a store-bought rotisserie chicken)

Salsa (salsa Verde is especially good here)

Method

Heat the oil in a large skillet over high heat.

Add the onion and red and poblano peppers and cook until browned, about 7 to 8 minutes.

Season with salt and pepper.

Combine the beans with cumin in a saucepan and warm through. Add the lime juice and a few shakes of hot sauce.

Preheat a griddle, cast-iron skillet, or large nonstick pan over medium heat.

Microwave the tortillas for 20 seconds, just enough so they're pliable.

Building one burrito at a time, sprinkle on some cheese, top with some beans, the onion-pepper mixture, chicken, and salsa.

Roll into a tight package.

Place the burritos directly on the skillet, cooking for a minute on each side until lightly toasted.