



Homemade Roasted Veggie Burritos

Servings: 6

Equipment:

Knife, cutting board, flat top grill or large fry pan, measuring spoons, air fryer or oven

Ingredients:

- 1 1/2 cups Rice, white or brown, cooked
- 1/4 cup Cilantro, chopped
- 1 medium Onion, diced or sliced
- 1 medium Red Bell Pepper, diced or sliced
- 1 can Corn, no salt, drained
- 3 cups Butternut Squash or Sweet Potato, diced or wedged
- 1 Avocado, sliced
- 1 Can low sodium Black beans, drained and rinsed
- 2 Tomatoes, chopped or Fresh Salsa
- 6 tsp Taco Sauce
- 1 cup reduced fat Cheddar Cheese, shredded
- 1/2 tsp Pepper
- 1 tsp Cumin
- 1 tsp Chili Powder
- 1 tsp Paprika
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 Tbsp Extra virgin olive oil
- 6 Burrito-sized Flour Tortillas

Preparation:

1. Add Butternut Squash/Sweet Potato, Bell Peppers, and Onions to a baking tray. Toss in oil and spices to taste. Roast at 400° for 20 minutes.
2. Form burritos by adding all ingredients to tortillas and roll to form burritos.
3. Serve and enjoy!
4. Slice in half. Each half is a serving that can be cut into 3-4 pieces. Serve hot with hummus and/or Tzatziki sauce for dipping. Pairs well with a greek side salad!

Nutrition Facts per serving:
(Made with white jasmine rice)

Calories 570.1

Total Fat 16.3g (21%)
Saturated Fat 4.5 g (22%)
Trans Fat 0.1g
Cholesterol 9.5mg (3%)
Sodium 899.3mg (39%)
Total Carbohydrate 90.1g (33%)
Dietary Fiber 13g (46%)
Total Sugars 11.4g
Added Sugars 2% (4%)
Protein 20.3g
Vitamin D 0.1mcg (0%)
Calcium 367.9mg (28%)
Iron 6.3mg (35%)
Potassium 1147mg (24%)

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