

Corn and Black Bean Burritos

- **Makes:** 12 burritos
- **Prep Time:** 20 minutes
- **Cook Time:** 5 minutes



Ingredients

¼ cup scallions (green onions), rinsed and sliced into ¼-inch-wide circles, including green tops

¼ cup celery, rinsed and finely diced

1 ¼ cup frozen yellow corn

½ ripe avocado, peeled and diced

2 tablespoons fresh cilantro, chopped (or substitute 2 teaspoons dried coriander)

1 can (15 ½ ounces) black beans, drained and rinsed

¼ cup reduced-fat shredded cheddar cheese

¼ cup salsa or taco sauce (look for lowest sodium version)

12 whole-wheat tortillas (9-inch)

Directions

1. Preheat oven to 350°F.
2. Combine scallions, celery, and corn in a small saucepan. Add just enough water to cover.
3. Cover, bring to a boil, and reduce heat to medium. Simmer for 5 minutes, until vegetables soften. Drain vegetables. Set aside to cool.
4. Combine avocado, cilantro, and beans in a large mixing bowl. Add cheese and salsa, and mix.
5. When corn mixture has cooled slightly, add to avocado mixture.

Directions (cont'd)

6. In a large nonstick pan over medium heat, warm each tortilla about 15 seconds on each side. Place each tortilla on a flat surface. Spoon 1/3 cup of the mixture into the center of the tortilla. Fold the top and bottom of the tortilla over the filling. Fold in the sides to make a closed packet.
7. Repeat with the remaining tortillas.
8. When all tortillas are wrapped, continue heating in the oven for 5 minutes, until all are warm and cheese is melted.

Nutritional Information

Serving size: 1 burrito

Calories: 189

Total fat: 3 grams

Saturated fat: 0 grams

Cholesterol: 0 milligrams

Sodium: 257 milligrams

Carbohydrates: 34 grams

Total fiber: 3 grams

Protein: 8 grams

Potassium: 204 milligrams

Source: National Heart, Lung, and Blood Institute; National Institutes of Health; US Department of Health and Human Services.

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