


Black Bean and Rice Burrito

Ingredients

- 3 tablespoons black beans drained
- 1 tablespoon shredded cheddar cheese
- 1/4 cup brown rice, cooked and drained
- 1/4 avocado
- 2 tablespoons shredded carrots
- 1/4 cup chopped romaine lettuce
- 1- 8" whole wheat tortilla
- Squeeze of lime juice



Directions

Brought to you by: 

1. Cut open the avocado and remove the pit. Cut out $\frac{1}{4}$ of the avocado flesh, place it in a bowl and add 1 tsp of lime juice.
2. Mash the avocado with a fork until it's spreadable. Lay out the tortilla and cover with the avocado spread, leaving a 1-inch border around the edges.
3. In the bottom third of the tortilla, lay out a log shaped portion of rice, beans, carrots, cheese and romaine.
4. Fold tortilla once over the mix and fold in outer edges, then continue to roll the burrito. Cut burrito in half.

