Very Cool Veggie Burrito (Microwave Recipe)

Makes 4 “snack size” servings (or 2 meal servings)

Stuff You Need

Microwave
Cutting board
Cutting knife
3 bowls (or containers with covers)
Measuring cups
Butter knives or plastic knives
Microwave-safe plate
Potholders
Plastic wrap or foil
Snack-size plates (1 per participant)

What’s In It?

2 large (burrito-size) flour tortillas
2/3 cup fat-free, canned refried beans
1 cup shredded part-skim mozzarella cheese
1 medium tomato
2 green onions (use the white and green parts!)
1 1/2 cups pre-bagged chopped romaine lettuce
1/2 cup salsa for dipping (optional)

How to Put It Together

Have members work in pairs, as each burrito will be cut in half to make two snacks.

1. Using a butter knife or plastic knife, spread 1/3 cup refried beans over the entire surface of the tortilla – just like frosting!

2. Place each “frosted” tortilla on a microwave-safe plate. Microwave on HIGH for 20-30 seconds or until beans are heated through. Ask for help when removing tortilla from the oven – it can be very hot! Remember to always use a potholder when removing things from the microwave.

3. Top each tortilla with 1/2 cup shredded cheese, half the chopped tomatoes and green onion and 3/4 cup lettuce.

4. Roll up, tucking in both sides of each tortilla as you roll it up.

5. Ask an adult to help you cut your burrito in half, sharing half with your partner. (A whole burrito can make a delicious main dish for lunch or dinner.) Spoon some salsa onto your plate for dipping your burrito.
**Why It’s Good for You**

This snack is an excellent source of calcium from the cheese, and the veggies and refried beans give you fiber. And this snack counts toward four different food groups!

- Cheese counts toward your daily Milk Group goal
- Tomato and romaine lettuce count toward your daily Vegetable Group goal
- Tortilla counts toward your daily Grains Group goal
- Refried beans counts toward your daily Meat & Beans Group goal

**Nutrition Information Per Serving (1 whole burrito):** 510 calories, 17g total fat, 8g saturated fat, 30mg cholesterol, 1210mg sodium, 61g carbohydrate, 11g dietary fiber, 3g sugars, 28g protein, 40%DV vitamin A, 50%DV vitamin C, 70%DV calcium, 20%DV iron

*This recipe is adapted with permission from Kidnetic.com.*