

Chicken Burrito 6 Servings

18 oz. chicken breast (1 pound, 2 oz.)
1½ c. tomato, chopped
3 oz. cheese
Lettuce
8 oz. black beans
6 - low carbohydrate tortillas
salsa (optional)
Light sour cream

Cook chicken breast and chop into small cubes. Cook black beans and place 1/4 c. over each flat tortilla. Add chicken and top with 1/2 ounce shredded cheese (each burrito), lettuce, & tomato. Roll tortilla and fold edges into burrito. Top with salsa and light sour cream (if desired).

Each serving is one burrito with 3 ounces of chicken breast, 1/4 c. tomato, 1/2 oz. cheese, 1/4 cup beans, 1 low carbohydrate tortilla (about 6"-8" across), 2 tbsp. light sour cream, and salsa.

Substitute: Baby spinach leaves for lettuce, ranch style beans or pinto beans instead of black beans.

Starch	Fruit	Milk	Veg	Meat	Fat
1 1/2	0	0	1/2	2	1