

Black Bean Burrito Bake

Yield

4 servings (serving size: 1 burrito)

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This five-star black bean burrito recipe is a reader favorite and sure to become one of your go-to weeknight meals.

Ingredients

1 (7-ounce) can chipotle chiles in adobo sauce

1/2 cup reduced-fat sour cream

1 (15-ounce) can black beans, rinsed, drained, and divided

1 cup frozen whole-kernel corn, thawed

4 (8-inch) flour tortillas

Cooking spray

1 cup bottled salsa

1/2 cup (2 ounces) shredded Monterey Jack cheese

How to Make It

Step 1 Preheat oven to 350°.

Step 2 Remove one chile from can. Chop chile. Reserve remaining adobo sauce and chiles for another use.

Combine sour cream and chile in a medium bowl; let stand 10 minutes.

Step 3 Place half of beans in a food processor; process until finely chopped. Add chopped beans, remaining beans, and corn to sour cream mixture.

Step 4 Spoon 1/2 cup bean mixture down the center of each tortilla. Roll up tortillas; place, seam side down, in an 11 x 7-inch baking dish coated with cooking spray. Spread salsa over tortillas; sprinkle with cheese. Cover and bake at 350° for 20 minutes or until thoroughly heated.

Nutritional Information

Calories 365, Calories from fat 29%, Fat 11.7g, Saturated fat 5.8g, Monounsaturated fat 2.8g, Polyunsaturated fat 0.8g, Protein 15.7g, Carbohydrate 55.3g, Fiber 7.2g, Cholesterol 28mg, Iron 3.5mg, Sodium 893mg, Calcium 311mg.

Chef's Notes

Half of the beans are finely chopped to give the filling a thick, creamy consistency. This dish can be made up to 8 hours in advance and chilled; just bring it back to room temperature before baking.

