

# Classic Burrito

## Entrée



THE OHIO STATE  
UNIVERSITY  
WEXNER MEDICAL CENTER

---

Serves: 1

**Items Needed:** cutting board, chef's knife, measuring cups, measuring spoons

### Ingredients:

- 1 tortilla- 10 inches, whole wheat or vegetable
- ¼ cup beans- black, pinto or refried
- 1/8 cup shredded cheddar cheese
- 3 tbsp salsa
- 1/8 avocado
- ½ cup bell pepper- red, yellow or green
- 1/8 cup tomatoes

### Directions:

1. Lay tortilla flat on cutting board
2. On half closest to maker, spread ¼ cup beans leaving room around edge of tortilla to wrap
3. Sprinkle beans with cheese, tomatoes, salsa and peppers
4. Lay avocado across vegetables
5. To wrap burrito fold part with filling over itself, tuck lightly, fold in sides of tortilla around filled portion, roll toward plain top of tortilla and wrap tightly
6. Cut in half and enjoy!

### Nutrition Information (per 1- 10" burrito):

Calories: kcal Fat: g Carbs: g Protein: g Fiber: g Sodium: mg