

Veggie Burritos

4 Whole Wheat Tortillas

Put in the skillet and Mix Together:

1 Can of refried Beans (14.5oz)

1/2 Cups of Shredded Cheese

¼ cup of Onions, Broccoli and Green bell pepper (or your favorite veggies)

1 Roma tomato

4 Romaine Lettuces leaves (shredded or whole)

Optional: Light Ranch Dressing and/ Salsa to taste

Toast the tortillas in a skillet or microwave. Sautee onions on skillet for a couple minutes, then add refried beans, cheese and vegetables. Turn heat off and let the ingredients sit for about a minute. Add cooked ingredients to the tortilla and top with lettuce, light ranch and salsa (optional). For more of a raw taste top the burrito with vegetables instead of heating them.

This recipe is provided by SHS Wellness Programs.

All of our recipes can be found online at www.uvu.edu/wellnessed

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