 Veggie Burrito

Trying to eat more vegetables? These burritos are a great place to start! This meal is full of flavor and fiber!

Prep Time: 15 minutes.   This Recipe Serves 4

**Ingredients**

2 teaspoons canola oil  
3 large carrots, small dice  
1 cup broccoli, small dice  
1 cup cauliflower, small dice  
1 (15-ounce) can black beans, rinsed and drained  
1 tablespoon chili powder  
1 teaspoon cumin  
¼ teaspoon black pepper  
½ teaspoon garlic powder  
4 large low-carb whole wheat tortillas  
8 tablespoons reduced-fat shredded, cheddar cheese  
1 cup shredded lettuce  
1 large tomato, diced  
½ avocado, sliced (into 8 slices)

Instructions

1. Heat oil in sauté pan over medium high heat. Add the carrots, broccoli, and cauliflower, and sauté for 5-7 minutes. Add the beans, chili powder, cumin, pepper, and garlic powder, and stir to incorporate. Cook for 5 more minutes.
2. Scoop ¼ of the veggie mixture into a tortilla. Top with 2 tablespoons of cheese, ¼ cup lettuce, diced tomatoes, and 2 avocado slices. Fold into a burrito. Repeat the procedure   
   for the remaining 3 burritos.

Serving Size: 1 burrito

* Calories305
* Carbohydrate46 g
* Protein20 g
* Fat12.0 g
* Saturated Fat2.7 g