

Make-It-Easy Meal

Bean Burritos
Tossed Salad
Fresh or Canned Fruit
Milk



Make it fun for the whole family.

Set out chopped onions, diced tomatoes and lettuce, and let your family create their own burrito masterpieces!

Shopping List

- flour tortillas
- fat-free refried beans
- salsa
- cheddar cheese
- salad ingredients
- low-fat salad dressing
- fresh or canned fruit
- milk



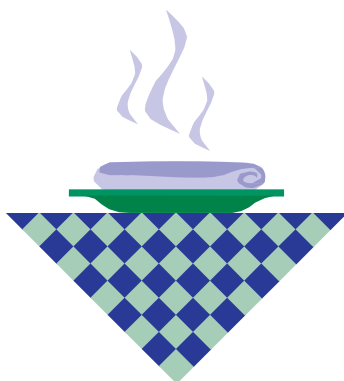
Bean Burritos

4 flour tortillas
1 can (16 ounces) fat-free refried beans
 $\frac{1}{2}$ cup salsa
 $\frac{1}{2}$ cup shredded cheddar cheese

1. Divide beans between the tortillas.
2. Top with salsa and cheese and roll up, tucking in the ends.
3. Eat cold or heat in the microwave.

Serves 4.

Tip: For added flair, try topping off your burrito with leftover cooked chicken or ground beef.



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