



## Lunch/Dinner Options

### **Chicken and Black Bean Burrito**

2- 3 oz chicken breasts (cooked and sliced)

2 Cloves minced Garlic

1 Can low sodium black beans (Drained)

2 Tsp fresh cilantro

½ C Chopped Avocado

½ C Chopped Red Peppers

1 Tsp Chilli Powder

2 Whole wheat or sprouted grain tortilla

Sautee the garlic in 1 Tsp Olive oil. Add the Beans, Cilantro, Red peppers and Chilli powder. Cook over low heat for 5 mins. Stirring continually.

Place the cooked ingredients in the center of the two tortillas' and top with avocado. Fold and Enjoy!

Makes two servings

I have found great sprouted tortilla's at the local health food store. The garlic in this recipe was a little strong for me so I cut back to about 1 clove. You can adjust for your own taste. This is a great recipe to make in bulk and portion out for the entire week. My kid's and husband all eat it so I make about 4 times the recipe amount and we have plenty for the week!

Enjoy☺