



VEGGIE BURRITO

Ingredients:

- 2 WHOLEWHEAT TORTILLAS
- 2 EGGS, BEATEN
- 100G BLACK BEANS, DRAINED
- 1 LARGE TOMATO, DICED
- HANDFUL OF BABY SPINACH
- 1 CLOVE GARLIC, MINCED
- 1/2 ONION, DICED
- 1/4 TSP SMOKED PAPRIKA
- 1/4 TSP SALT
- 1 TSP OLIVE OIL

Method

1. HEAT UP OLIVE OIL IN A NON-STICK PAN OVER MEDIUM HEAT. ADD BEATEN EGGS AND STIR GENTLY TO SCRAMBLE. REMOVE FROM HEAT AS SOON AS THE EGGS START TO SET. REMOVE EGGS FROM THE PAN AND SET ASIDE.
2. ADD CHOPPED ONION, MINCED GARLIC, AND SMOKED PAPRIKA TO THE PAN AND COOK OVER MEDIUM HEAT UNTIL ONION IS TRANSLUCENT AND SOFT. REMOVE FROM HEAT AND SET ASIDE.
3. ADD DICED TOMATO AND BLACK BEANS TO THE PAN. COOK OVER MEDIUM HEAT FOR 2-3 MINUTES OR UNTIL TOMATO IS COOKED. REMOVE FROM HEAT AND SET ASIDE.
4. ASSEMBLE YOUR TORTILLAS BY PUTTING HALF OF EACH COMPONENT IN THE MIDDLE OF EACH TORTILLA. TOP WITH BABY SPINACH. FOLD THE TOP AND BOTTOM OF THE TORTILLA, THEN ROLL FROM LEFT TO RIGHT.
5. SLICE INTO HALVES AND SERVE IMMEDIATELY. ENJOY!

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Nutritional Information

WHOLE WHEAT TORTILLA - WHOLE WHEAT TORTILLAS ARE HEALTHIEST OF ALL! THEY PROVIDE COMPLEX CARBOHYDRATES AND FIBER. HALF THE GRAINS WE EAT SHOULD BE WHOLE GRAINS TO PROTECT AGAINST HEART DISEASE, DIABETES, OBESITY, AND CERTAIN TYPES OF CANCER.

EGGS - EGGS ARE A VERY GOOD SOURCE OF INEXPENSIVE, HIGH-QUALITY PROTEIN. MORE THAN HALF THE PROTEIN OF AN EGG IS FOUND IN THE EGGWHITE, WHICH ALSO INCLUDES VITAMIN B2 AND LOWER AMOUNTS OF FAT THAN THE YOLK. EGGS ARE RICH SOURCES OF SELENIUM, VITAMIN D, B6, B12 AND MINERALS SUCH AS ZINC, IRON AND COPPER.

BLACK BEANS - THE ANTIOXIDANTS, FIBER, PROTEIN, AND CARBOHYDRATES IN BLACK BEANS MAKE THEM NUTRITIONALLY POWERFUL. A DIET RICH IN BEANS CAN REDUCE YOUR RISK OF SEVERAL SERIOUS MEDICAL CONDITIONS AND HELP YOUR BODY TO PROCESS CALORIES MORE EFFECTIVELY.

TOMATO - TOMATOES ARE THE MAJOR DIETARY SOURCE OF THE ANTIOXIDANT LYCOPENE, WHICH HAS BEEN LINKED TO MANY HEALTH BENEFITS, INCLUDING REDUCED RISK OF HEART DISEASE AND CANCER.

SPINACH - SPINACH IS A NUTRITIOUS, LEAFY GREEN. THIS VEGETABLE HAS BEEN SHOWN TO BENEFIT HEALTH IN SEVERAL WAYS. SPINACH MAY DECREASE OXIDATIVE STRESS, IMPROVE EYE HEALTH, AND HELP PREVENT HEART DISEASE AND CANCER.

GARLIC - GARLIC IS AN EXCELLENT SOURCE OF VITAMIN B6 (PYRIDOXINE). IT IS ALSO A VERY GOOD SOURCE OF MANGANESE, SELENIUM AND VITAMIN C. IN ADDITION TO THIS, GARLIC IS A GOOD SOURCE OF OTHER MINERALS, INCLUDING PHOSPHOROUS, CALCIUM, POTASSIUM, IRON AND COPPER.

ONION - ONIONS CONTAIN ANTIOXIDANTS AND COMPOUNDS THAT FIGHT INFLAMMATION, DECREASE TRIGLYCERIDES AND REDUCE CHOLESTEROL LEVELS — ALL OF WHICH MAY LOWER HEART DISEASE RISK. THEIR POTENT ANTI-INFLAMMATORY PROPERTIES MAY ALSO HELP REDUCE HIGH BLOOD PRESSURE AND PROTECT AGAINST BLOOD CLOTS.

PAPRIKA - PAPRIKA IS A COLORFUL SPICE DERIVED FROM GROUND PEPPERS. IT OFFERS A VARIETY OF BENEFICIAL COMPOUNDS, INCLUDING VITAMIN A, CAPSAICIN, AND CAROTENOID ANTIOXIDANTS. THESE SUBSTANCES MAY HELP PREVENT INFLAMMATION AND IMPROVE YOUR CHOLESTEROL, EYE HEALTH, AND BLOOD SUGAR LEVELS, AMONG OTHER BENEFITS.