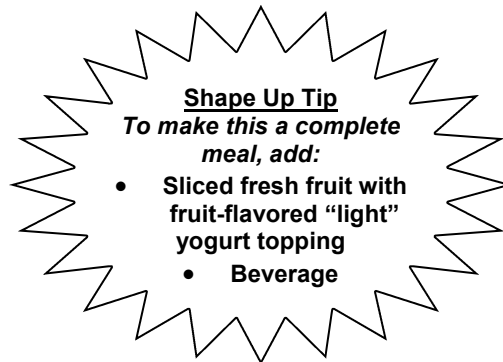


# Grab 'n' Go Dinner for Tonight

**Chicken and Black Bean Burritos**

<p><u>Ingredients</u></p> <ul style="list-style-type: none"> <li>1 lb skinless, boneless chicken breasts, cut in bite-size pieces</li> <li>1 tsp ground cumin</li> <li>1 tsp garlic powder</li> <li>1 (16 oz) can black beans, rinsed, drained</li> <li>1 (8 oz) can no-salt-added whole kernel corn, drained (or 1 cup frozen corn)</li> <li>1/2 cup salsa, thick and chunky</li> <li>1 green bell pepper, seeded and diced</li> <li>6 oz shredded, reduced-fat Cheddar</li> <li>6 whole wheat or whole grain flour tortillas (7 1/2" diameter)</li> <li>Light sour cream (optional)</li> <li>Fresh cilantro, chopped (optional)</li> <li>Extra salsa (optional)</li> </ul> <p>1) Brown chicken in skillet that has been sprayed with nonstick cooking spray. Add cumin, garlic powder, beans, corn, salsa, and green pepper and continue to cook until the chicken is done.</p> <p>2) Heat tortillas in the microwave by stacking them on a plate and covering with plastic wrap; heat on HIGH for 1 minute, rotating 1/4 turn after 30 seconds.</p> <p>3) To serve, spoon 1 cup of chicken mixture onto each tortilla; sprinkle with 1 oz of shredded cheese. Fold ends in, then roll up burrito-style. Serve as is, or with the extra salsa, sour cream and chopped cilantro.</p> <p>Makes 6 servings.</p>	<p><u>Where to Find It</u></p> <ul style="list-style-type: none"> <li>Meat Dept.</li> <li>Aisle 5 (Spice Trader)</li> <li>Produce</li> <li>Aisle 3</li> <li>Aisle 3</li> <li>Aisle 2 (La Victoria)</li> <li>Produce</li> <li>Refrigerated Cheese</li> <li>Aisle 2 (end)</li> <li>Refrigerated Dairy</li> <li>Produce</li> </ul>
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<b>Chicken and Black Bean Burritos Nutrition Facts</b>		
Servings Per Meal (6)		
Amount Per Serving		
<b>Calories</b> 410	<b>Calories from Fat</b> 100	
<b>% Daily Value*</b>		
<b>Total Fat</b> 12g		18%
Saturated Fat 3.5g		17%
<b>Cholesterol</b> 50mg		17%
<b>Sodium</b> 880mg		37%
<b>Total Carbohydrate</b> 49g		16%
Dietary Fiber 7g		30%
Sugars 4g		
<b>Protein</b> 28g		
<b>Vitamin A</b> 6%	•	<b>Vitamin C</b> 45%
<b>Calcium</b> 15%	•	<b>Iron</b> 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories:	2,000      2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		



**Tonight's Grab 'n' Go Dinner**  
**Cost per serving: \$1.97**

To find the Grab 'n' Go dinner recipe

ingredients look for this logo

throughout the store.



**All ingredients will be marked with the  
Shape Up Kittitas County logo.**