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## QUICK BEAN AND CHEESE BURRITO!

### Ingredients:

½ cup of organic black beans or pinto beans, rinsed and drained  
1 ounce of shredded part-skim milk mozzarella cheese  
1 whole-wheat or sprouted-grain or corn tortilla  
1/8 avocado cut-up  
salsa to taste

**Directions:** In a toaster oven at 350° F place a tortilla on the oven rack, scoop the beans on top then sprinkle the cheese on top of the beans fold the tortilla over and cook until cheese melts, about 5 minutes. Then place the burrito on a plate, lift up the tortilla, place sliced avocado and salsa inside. Have with a side mixed green salad; you have an optimally balanced quick meal for lunch or dinner. Make another one for your significant other. Serves: 1 to 2

\*Another option: Have an egg burrito with some steamed spinach and basil and tomato. In a bowl put an egg and 2 egg whites and sprinkle some seasonings of choice (try 21 seasoning salute from TJ's or lemon pepper, onion powder, pepper), whip with fork. Then pour into a non-stick sauté pan greased with a drizzle of canola oil and mix in some fresh spinach, fresh basil, and tomatoes. Scramble everything together until the spinach and basil are wilted. It's delicious put into a whole-wheat tortilla or mixed with some brown rice/barley. Again, optimal quick and easy cooking at it's finest.

Serving size: 1 burrito

Total servings: 1

Nutrition Analysis **per serving:**

314 Calories, 44 grams Carbohydrates, 17 grams Protein, 8 grams Fat