

Classic Burrito Recipe

Diabetes Friendly Lunch/Dinner

THE JAMES
Mobile
Education
Kitchen

Diabetes Friendly

Items Needed: cutting board, chef's knife, measuring cups, measuring spoons

Serves: ~1

Ingredients:

- 1 tortilla- 8 inches, whole wheat or vegetable
- ¼ cup beans- black, pinto or refried
- 1/8 cup shredded cheddar cheese
- 3 tbsp salsa
- 1/8 avocado
- ½ cup bell pepper- red, yellow or green
- 1/8 cup tomatoes

Directions:

1. Lay tortilla flat on cutting board
2. On half closest to maker, spread ¼ cup beans leaving room around edge of tortilla to wrap
3. Sprinkle beans with cheese, tomatoes, salsa and peppers
4. Lay avocado across vegetables
5. To wrap burrito fold part with filling over itself, tuck lightly, fold in sides of tortilla around filled portion, roll toward plain top of tortilla and wrap tightly
6. Cut in half and enjoy!

Nutrition Information (per 1- 8" burrito):

Calories: 297 kcal Fat: 10 g Carbs: 44 g Protein: 12 g Fiber: 11.1 g Sodium: 890 mg

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