

# Bean & Cheese Burrito with Pico de Gallo



Canton Golden Chefs  
McKenney Middle School, Canton Central School

2013

## Ingredients:

### **Burritos**

1 (15 oz) can	Refried Beans**
1 tsp	Chili Powder
1 cup	Cheddar Cheese, Light, Shredded*
8	Whole Wheat Tortillas**

### **Pico de Gallo**

6	Roma Tomatoes
¼ cup	Cilantro *
½ cup	Sweet Onion*
½ cup	Corn, Canned
1	Garlic Clove, Minced*
1/8-1/4 tsp	Salt
1 Tbsp	Olive Oil
1-2 Tbsp	Cider Vinegar or Lime Juice

## Directions:

### **Burritos**

Pre heat oven to 350°F. Mix refried beans with chili powder. Divide the bean mixture between the 8 tortillas and place down the center of each tortilla. Sprinkle cheese on the bean mixture. Fold tortillas burrito style and place on a baking sheet. Bake for 10 minutes, or until heated through. Serve with Pico de Gallo.

### **Pico de Gallo**

Dice tomatoes, chop cilantro, and dice onions. Mix together with corn, salt, garlic, olive oil, and vinegar or lime juice. Serve with burritos.

\*Local Product

\*\*Commodity (USDA) Product