



## ON-THE-GO CHICKEN BURRITOS

**SERVINGS: 4 | PREP TIME: 10 MINS | COOK TIME:**

- Add 1-2 tablespoons olive oil to large skillet. Preheat over medium to medium-high heat.
- Sauté chicken until cooked through (no longer pink), about 3-4 minutes.
- Add water, taco seasoning, black beans, corn, brown rice and salsa. Turn heat down to low and let mixture simmer for 5 minutes, stirring occasionally.
- Assemble burritos. Add a generous 1/3 cup meat mixture and 3 tablespoons shredded cheddar cheese to each tortilla. Pull in each end of tortilla and roll up tightly.
- Warming options:
  - a. Wrap tortilla in foil and heat through in a 350-degree F oven for about 15-20 minutes.
  - b. Wrap tortilla in a moist paper towel and warm in the microwave in 30-second increments until heated through.
- Serve with optional toppings.
- FREEZER MEAL INSTRUCTIONS:

To freeze: Complete recipe through step 4. Wrap each individual burrito in foil and place in gallon-sized ziplock bag. Place in freezer.

To prepare: Thaw burrito(s) in the refrigerator overnight (preferred method) and then warm through according to directions in step 5a. Another thaw option is to remove foil, wrap burrito in moist paper towel, and microwave in 30-second increments until heated through (about 2 minutes depending on microwave).

Open up the burrito halfway through reheating, to allow the inside ingredients to get warmed.

- 1-2 TBSP. olive oil
- 2 chicken breasts (about 1 pound), diced and patted very dry
- 1 packet store-bought mild taco seasoning
- 2/3 cup water
- 3/4 cup cooked black beans (or half of 15-ounce can of black beans, drained)
- 3/4 cup frozen corn
- 3/4 cup cooked brown rice
- 1/2-1 cup mild salsa (adjust to taste)
- 1 1/2 cups shredded cheddar cheese
- 8 (8-inch) whole-wheat tortillas
- Optional toppings: guacamole or Creamy Avocado Dip, sour cream or plain Greek yogurt, pico de gallo