### Brown Rice Black Bean Burrito

**Ingredients:**

- 2 teaspoons olive oil (or canola oil)
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon chili powder (optional, or use less for young children)
- ½ teaspoon cumin (optional, or use less for young children)
- 3 cups brown rice, cooked according to package directions
- 1 15-oz can black beans, drained and rinsed
- 1 15-oz can corn, drained and rinsed
- 6 whole wheat tortillas
- ¾ cup (6 ozs) shredded lowfat cheddar cheese

(Serves 6-8)
Directions:

1. Heat oil in a large skillet over medium-high heat until hot.
2. Add onion, garlic, and optional chili powder and cumin. Cook for about 3 minutes, until tender.
3. Add cooked brown rice, beans and corn. Cook, stirring 2-3 minutes until heated through.
4. Spoon ½ cup of the brown rice mixture down the center of each whole wheat tortilla.
5. Top each with 2 Tablespoons lowfat cheddar cheese, roll up and serve!

Tips:

1. Young children can help with steps 4 through 5, but be sure to keep them away from hot pans.
2. This recipe is a delicious way to fit whole grains and lowfat dairy into your family’s diet.
3. Top with lowfat or nonfat plain yogurt and salsa for extra flavor!