

Chicken and Black Bean Salsa Burritos

1 Serving Provides:

 Cooking time: 15 minutes

HACCP Process #2 Same Day Service

CACFP: 2 ounces Meat/Meat Alternate, 2 ounce equivalents Grains, 1/8 cup Vegetables

NSLP: 2 ounces Meat/Meat Alternate, 2 ounce equivalents Grains, 1/8 cup Beans/Peas

SFSP: 2 ounces Meat/Meat Alternate, 2 ounce equivalents Grains, 1/8 cup Vegetables

Ingredients	8 Servings		16 Servings	
	Weight	Measure	Weight	Measure
Black beans, drained and rinsed	1 pound 4 ounces	3½ cups	2 pounds 8 ounces	1 quart + 3 cups
Chicken, cooked and diced	12 ounces		1 pound 8 ounces	
Pepper jack cheese, grated	4 ounces	1 cup	8 ounces	2 cups
Green onions, chopped		4		8
Lemon juice		2 Tablespoons		¼ cup
Salt		½ teaspoon		1 teaspoon
Ground cumin		½ teaspoon		1 teaspoon
Chili powder		½ teaspoon		1 teaspoon
Black pepper		½ teaspoon		1 teaspoon
Whole grain tortillas, 10-inch		8		16



Directions

1. Preheat the oven to 350°F. Line a sheet pan with parchment paper.
2. Combine the beans, diced cooked chicken, cheese, green onion, lemon juice, salt, ground cumin, chili powder, and black pepper in a large mixing bowl.
3. Lay out tortillas on a clean work surface. Using a #6 scoop place 2/3 cup of the filling in the center of each tortilla. Roll up the burritos and place on the parchment-lined sheet pan. Cover with foil.
4. Bake in the preheated 350°F oven for about 15 minutes.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Serve 1 burrito per person.

continues

Chicken and Black Bean Salsa Burritos, continued

Serving	Yield	Volume	Nutrients Per Serving					
1 burrito	8 servings, about 1 pound 2 ounces 16 servings, about 2 pounds 4 ounces	8 servings, about 1 quart 2 cups filling 16 servings, about 3 quarts filling	Calories	357	Sodium	574 mg	Vitamin A	210 IU
			Total Fat	11.7 g	Carbohydrate	37 g	Vitamin C	5 mg
			Saturated Fat	5 g	Dietary Fiber	9 g	Iron	2 mg
			Cholesterol	51 mg	Protein	25 g	Calcium	221 mg