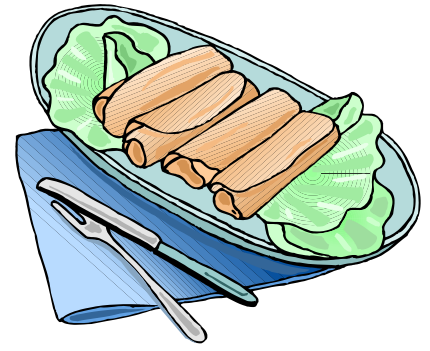


5 Spinach Burrito

Prep time: 20 minutes

Cook time: 20 minutes

Serving Size: 6 servings



Ingredients:

- ½ cup chopped onion
- 2 cloves garlic, minced
- 2 tsp butter
- 1 package (10 oz.) frozen, chopped spinach (thawed and squeezed dry)
- 1/8 tsp pepper
- 6 corn tortillas (6-inch), warmed
- ½ cup salsa
- 1 cup shredded cheddar cheese

Directions:

1. In a large skillet, sauté the onion and garlic in butter until tender (soft but not mushy). Add the spinach and pepper to the pan and cook for 2-3 minutes or until heated through.
2. Place about 3 tablespoons – off center – on each tortilla. Top with 1 tablespoon of salsa and 2 tablespoons of cheese. Fold in the sides and roll up.
3. Place the seam of the tortilla down in a 13 x 9 inch baking dish that has been coated with cooking spray. Top with remaining salsa and cheese.
4. Bake, uncovered at 350° for 20-25 minutes or until the sauce is bubbly and the cheese is melted.

****Tip: Garlic.** Garlic strengthens the immune system and helps to fight chest infections, coughs and congestion. They are also a great source of vitamin B6 which is a source to strengthening our immune system as well as efficient growth of new cells. They can help to regulate blood sugar by enhancing insulin in the blood along with preventing multiple cancers.

Nutrition Facts (per serving):

Calories: 165

Fat: 8g

Cholesterol: 20mg

Sodium: 381mg

Carbohydrates: 17g

Fiber: 3g

Sugar: 2g

Protein: 8g

Attributed to tasteofhome.com; Modified by Emily Madden; 2013 Dietetic Student

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