

QUICK & EASY CHICKEN BURRITOS

Recipe courtesy of *Diane Henderiks*

momlogic.com

Ingredients:

- 1 tbsp. olive oil
- 1 minced garlic clove
- 1/2 cup chopped onion
- 1/4 cup chopped red bell pepper
- 1 lb. ground chicken
- 1/2 cup salsa (homemade or jarred)
- 2 tsp. dried oregano
- 1 tsp. cocoa powder
- 1/4 cup water
- 1/2 tsp. ground cumin
- 1/4 tsp. chili powder
- 1 small (4.5 oz.) can chopped green chilies (do not drain)
- 6 (6 inch) chapatis or whole wheat tortillas
- 1 ½ cups shredded Romaine lettuce
- 3/4 cup shredded reduced-fat Monterey Jack or Mexican blend cheese

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Directions:

1. Heat oil in a large nonstick skillet over medium heat.
2. Add garlic, onion and bell pepper and cook until tender (about 5 minutes), stirring frequently.
3. Add ground chicken, and cook mixture for 10 minutes or until the turkey is browned, breaking up with a spoon to crumble.
4. Stir in the next 7 ingredients (salsa through chopped green chilies). Cover mixture and cook for about 5 minutes over medium heat.
5. Warm tortillas.
6. Spread $\frac{1}{2}$ cup chicken mixture down the center of each tortilla.
7. Top with $\frac{1}{4}$ cup lettuce and 2 tbsp. cheese.
8. Roll up.
9. Enjoy!

Serves 6: (serving size: 1 burrito)