## Black Bean Burrito Bake

**YIELD:** 4 servings (serving size: 1 burrito)

1 (7-ounce) can chipotle chiles in adobo sauce

1/2 cup reduced-fat sour cream

1 (15-ounce) can black beans, rinsed, drained, and divided

1 cup frozen whole-kernel corn, thawed

4 (8-inch) flour tortillas

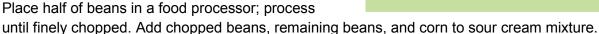
Cooking spray

1 cup bottled salsa

1/2 cup (2 ounces) shredded Monterey Jack cheese

## Preheat oven to 350°.

Remove one chile from can. Chop chile. Reserve remaining adobo sauce and chiles for another use. Combine sour cream and chile in a medium bowl; let stand 10 minutes.



Spoon 1/2 cup bean mixture down the center of each tortilla. Roll up tortillas; place, seam side down, in an  $11 \times 7$ -inch baking dish coated with cooking spray. Spread salsa over tortillas; sprinkle with cheese. Cover and bake at  $350^{\circ}$  for 20 minutes or until thoroughly heated.

Note: Half of the beans are finely chopped to give the filling a thick, creamy consistency. This dish can be made up to 8 hours in advance and chilled; just bring it back to room temperature before baking.

## **Nutritional Information**

Calories: 365

Calories from fat: 29%

Fat: 11.7g

Saturated fat: 5.8g

Monounsaturated fat: 2.8g Polyunsaturated fat: 0.8g

Protein: 15.7g Carbohydrate: 55.3g

Fiber: 7.2g Cholesterol: 28mg Iron: 3.5mg Sodium: 893mg Calcium: 311mg

