

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.

Place half of beans in a food processor; process until finely chopped. Add chopped beans, remaining beans, and corn to sour cream mixture.

Spoon 1/2 cup bean mixture down the center of each tortilla. Roll up tortillas; place, seam side down, in an 11 x 7-inch baking dish coated with cooking spray. Spread salsa over tortillas; sprinkle with cheese. Cover and bake at 350° 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

