

Chicken Burritos

Filling:

- 1 tablespoon olive oil
- 1 onion
- 2 cloves garlic, minced
- 1 16-oz can salt-free tomatoes, coarsely chopped
- 1 4-oz can green chiles
- 1-2 teaspoons chili powder (to taste)
- 1/4 teaspoon cumin
- 1/4 teaspoon dried oregano
- 1/4 teaspoon salt
- 1 cup cubed cooked chicken (white meat preferred)
- 4 flour tortillas
- Shredded romaine lettuce
- Chopped red onion
- Chopped avocado (optional, not included in nutritional information below)
- Mexican salsa

1. Heat the oil in a large skillet. Sauté onions and garlic until onions are soft. Add tomatoes, green chiles, chili powder, cumin, oregano and salt. Simmer, stirring often, until most of liquid evaporates. Add chicken, mix well and transfer to a serving bowl.
2. Heat tortillas in microwave for 1 minute on high. (Or, wrap tortillas in foil and warm in oven at 400° for 5-7 minutes.) Place about 1/3 cup chicken mixture, some lettuce, avocado (if using) and red onion on a tortilla and roll up. Place on a plate and garnish with remaining lettuce, avocado and red onion. Pass salsa to use as a topping.

Makes 4 servings.

Per serving: 226 calories, 4 gm total fat, 25 mg cholesterol, 336 mg sodium.

Source: *Delitefully HealthMark* by Susan Stevens, HealthMark Centers of Colorado

Comments: This is great on a cold day. On a warm day too! I usually cook up some chicken breasts ahead of time and have them in the refer to use in various recipes. Romaine lettuce is available at most supply areas, and the red onion can be bought and stored ahead of time. It's quick and, for us, this makes enough for 4 generous servings, or 6 average size servings, so we always can count on leftovers. The recipe can easily be doubled.