

Get Cooking!

Did you know that involving your kids in cooking has lots of great benefits? They will learn an important life skill and be more open to trying new foods. Cooking also provides an opportunity to practice math skills, improve eye-hand coordination and develop a sense of independence. Try this easy recipe with your kids – it's sure to be a hit with the whole family!

Easy Bean Burrito

1	Flour Tortilla	1
1/3 cup	Cheddar Cheese Grated	75 mL
1/3 cup	Salsa	75 mL
1/4 cup	Kidney Beans	50 mL
1	Green Onion Chopped	1
Pinch	Chili Powder	Pinch
Pinch	Cumin	Pinch

1. Preheat oven to 350° F.
2. Rinse and drain kidney beans.
3. Put kidney beans in bowl and mash together.
4. Add chili powder, cumin and half the salsa. Mix well.
5. Place bean mixture on edge of tortilla, sprinkle cheese and green onion on top.
6. Roll up filled tortilla and place seam side down on baking sheet.
7. Bake for 10 minutes.
8. Top with remaining salsa and enjoy.

Optional: Serve with low fat sour cream.

Makes 1 serving. From *"Kids in the Kitchen"*

Brought to you by:
The Community Nutritionists at the Winnipeg Regional Health Authority and
the Registered Dietitians at Dairy Farmers of Manitoba.



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