

Black Bean Burrito Bake

Servings: 4

Adapted from Cooking Light March 2003

Ingredients

1 chile from can chipotle chiles in adobo sauce
1/2 cup reduced-fat sour cream
15-ounce can black beans, rinsed, drained, and divided
1 ear of corn, cooked and kernels cut from cob
4 (8-inch) tortillas
Cooking spray
1 cup salsa
1/2 cup reduced fat shredded sharp cheddar cheese

Preparation

- 1) Preheat oven to 350°.
- 2) Remove one chile from can. Chop chile. Combine sour cream and chile in a medium bowl; let stand 10 minutes.
- 3) Place half of beans in a food processor; process until finely chopped. Add chopped beans, remaining beans, and corn to sour cream mixture.
- 4) 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.
- 5) Cover and bake at 350° for 20 minutes or until thoroughly heated.