

Skillet Burritos

Servings: 2

Ingredients

2 boneless chicken breasts, cut into 1/2-inch pieces
1 tsp olive oil
1/2 onion, chopped
1 green bell pepper, chopped
1 tsp minced garlic
1 Tbsp chili powder
1 tsp ground cumin
1/4 tsp salt
1/4 tsp garlic powder
1 cup cooked rice
10 oz can diced tomatoes with green chilies
15 oz can pinto beans, rinsed and drained
1/2 cup shredded reduced-fat cheese
1 cup mixed greens
4 tortillas

Preparation

- 1) Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add chicken and cook until no longer pink. Add onion, green bell pepper, and garlic to skillet; sauté 3 minutes or until vegetables are tender.
- 2) Stir in chili powder, cumin, salt, and garlic powder. Add rice, tomatoes, and beans; cook over medium heat 2 minutes or until thoroughly heated, stirring occasionally. Sprinkle with cheese; cover and remove from heat. Let stand 1 minute or until cheese melts.
- 3) Divide skillet contents among each tortilla, top with lettuce and roll up.