



December Healthy Recipe of the Month

Yam & Bean Burrito

This recipe is brought to you courtesy of our WIC program “Let’s Cook” Recipe book. We will be highlighting recipes each month so be sure to add them all to your menu and let us know how well you liked them. You can send your comments to the HRoffice@fresnoec.org.

December is filled with big family meals, unexpected guests, and tons of leftovers! Try this great recipe with all those yams that are so plentiful during the holidays. This is a yummy light lunch item, a great addition to your holiday brunch, or a terrific high protein, high fiber snack.

You will need;

- 2 large yams, peeled and cut into chunks
- 1 tablespoon plus 1 teaspoon vegetable oil, divided
- ½ onion, diced
- 1 (15 ounce) can black beans, rinsed and drained
- ½ teaspoon cumin
- 8 whole wheat tortillas

Preheat oven to 375 degrees. In a large mixing bowl, toss yam chunks with 1 tablespoon oil. Spread coated yams on a baking sheet and roast in the oven for 20 minutes or until yams are tender. In a large skillet, heat 1 teaspoon oil over medium-high heat. Add diced onion and sauté until tender. Add beans and cumin. (Salt and pepper to taste). Remove from heat and mix in cooked yam chunks, stirring gently. Spoon mixture into the center of each tortilla. Roll up and serve warm.

Nutritional Information (per serving)

Calories 220; Fat 3G; Protein 8G; Carbohydrates 47G; Fiber 8G; Calcium 34mg; Iron 2mg; Vitamin A 8mcg; Vitamin C 10 mg, Folate 87mcg.