

Bean and Bell Pepper Burritos with Fresh Salsa

- 1 teaspoon extra-virgin olive oil
- 2 large green bell peppers, cut into thin strips
- 1 medium onion, sliced
- ¼ teaspoon salt
- 1 teaspoon lime juice
- 4 whole wheat tortillas (12" diameter) warmed
- 1 can (16 ounces) fat-free refried beans, warmed
- 1 cup cooked brown rice
- ½ California avocado sliced
- 2 cups shredded fresh spinach
- 2 tablespoons chopped fresh cilantro
- 1 cup tomato salsa salad (recipe below)

Heat the oil in a large skillet over medium-high heat. Add the bell peppers, onions, and salt and cook, stirring frequently, for 8 minutes. Drizzle with lime juice.

Onto each tortilla, spread 1/3 cup refried beans and ¼ cup rice. Evenly divide the pepper-onion mixture, avocado, spinach and cilantro among the tortillas. Tightly roll each up into a burrito. Serve each burrito with ¼ cup salsa.

Makes 4 burritos. *Per serving (burrito and tomato salsa salad): 455 calories, 10 grams fat, 75 grams carbohydrate, 963 mg sodium, 0 mg cholesterol, 14 grams fiber.*

Tomato Salsa Salad

- 1 tablespoon pure olive oil
- 2 teaspoons apple cider vinegar
- 2 teaspoons lime juice
- 1 teaspoon grated lime zest
- 1/8 teaspoon sugar
- 3 cups cherry or pear tomatoes, quartered
- 3 scallions, chopped
- 2 tablespoons packed fresh cilantro
- 1 tablespoon minced jalapeño pepper (wear plastic gloves when handling), optional

In a large bowl, whisk together the oil, vinegar, lime juice, lime peel, and sugar. Add the tomatoes, scallions, cilantro and jalapeño pepper. Toss to combine.

Adapted from “*Picture Perfect Weight Loss Cookbook*,” the new “Cookbook of the Quarter” available at Barnes & Noble. Discounted 20% through September at the Asheville location.

This dish is well worth the effort of preparing two recipes. Salsa is a great way to use tomatoes that are in season. The fresh, snappy flavor of the salsa is the perfect compliment to the hearty bean/rice burritos. The brown rice counts as a whole grain, something Americans are definitely lacking in their diets. Brown rice is a staple in my household; I make one or two pots of rice a week to have on hand for Mexican food, stir-fries, breakfast, soups, or to eat just plain. If the sodium content is a bit too high, eliminate the added salt. Enjoy!

Your Partners in Health,
Candace and Lesley