Heart Healthy Burrito

**Ingredients**

- 4 (10-inch) tortillas (whole wheat recommended)
- 2 cups grilled chicken strips
- 1 1/3 cups rice
- 1 1/3 cups broccoli
- 2 cups shredded cheese (preferably cheddar or Mexican blend)
- 2 cups shredded lettuce
- 1/2 sliced avocado

**Directions**

1. Grill chicken strips on or use precooked chicken.
2. Cook rice according to packaging and steam fresh broccoli or frozen broccoli in microwave.
3. Warm tortillas in a microwave for 10 seconds.
4. To prepare burrito: Place chicken on the bottom third of each tortilla, followed by rice, then broccoli. Sprinkle cheese over the broccoli. Then add lettuce and avocado. Roll each tortilla into a burrito.

Makes 4 servings