

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