

Chicken and Bean Tortilla

4 large tortillas, multigrain or whole wheat
2 chicken breasts, boneless, skinless
1 tsp vegetable oil
1 small onion, thinly sliced
2 garlic cloves, minced
1 can (540 mL) black beans, drained and rinsed
1 each red and green peppers, thinly sliced
1 cup salsa
1 tsp cumin
½ tbsp chili powder
¼ cup light sour cream
1 ½ cups cheddar cheese, shredded
1 cup lettuce, shredded

- Prepare ingredients; cut chicken into strips, slice onion and peppers, mince garlic, drain and rinse beans, shred cheese and lettuce.
- In a large skillet, heat oil over medium heat. Sauté chicken until no longer pink.
- Add onion and cook for 3 minutes or until onion is soft. Add garlic, beans, peppers, salsa, cumin, chili powder and ½ cup of cheese. Stir, cover and let simmer 5-10 minutes.
- Spread 1 tbsp of sour cream on tortilla, add ½ cup of chicken and bean mixture and garnish with cheese and lettuce. Roll, leaving one side of the tortilla open. Wrap in foil, leaving the open side uncovered. Makes 4 servings.