

Turkey Burritos or Vegetarian Burritos Recipes

Ingredients

- 2- 7" whole-wheat flour tortillas
- ½ cup black beans, canned, drained and rinsed
- 5 oz. ground turkey breast*, raw (4 oz. when cooked)
- Few dashes garlic powder
- Dash chili powder (optional)
- ½ cup Onion, chopped
- 1 cup tomatoes, diced
- ½ cup baby spinach leaves
- 2 oz. cheddar cheese, reduced-fat, shredded
- 4 Tbsp. salsa

*Substitute ground [vegetarian crumbles](#) to make it a vegetarian burrito dish!

***Yields one serving** that meets the [WonderSlim Men's Premium Meal Plan](#) Healthy Dinner Requirements. Adjust ingredients or portions as desired to meet your specific women's or men's meal plan [requirements](#) if following the WonderSlim meal plan.*

Directions

Cook ground turkey breast, onion and garlic in a pan over medium heat. Cook until no longer pink. Drain. Warm tortilla in microwave following package directions.

Fill each tortilla with ½ meat mixture, ¼ cup beans, ½ cup tomatoes, ¼ cup baby spinach and 2 Tbsp. salsa. Sprinkle each with 1 oz. cheese and a dash of chili powder if preferred. Roll up.

Nutrition

For 2 turkey burritos

- Calories- 564
- Protein- 61g
- Fiber- 30g
- Total Fat- 7g
- Sat Fat- 3g
- Total Carbs- 63g

[WonderSlim Meal Plan](#) Equivalentents : 2 Protein servings; 2 Vegetable servings; 2 Starch Serving; 1 Optional serving

Healthy Dinner Recipes (Printable Version)
<http://blog.wonderslim.com>



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