

**Jr. Chef Club
Delicious Dinners
Lesson 7**

Cooking Table Notes

Best Bean Burritos

Double the recipe to make 28 burritos.

Double recipe for each classroom, cut each burrito in half after it's cooked. Open the cans of refried beans, put in separate bowls and stir them before the students get involved. (Students seem to have a negative reaction to the refried beans when they see them coming out of the can.)

Ingredients:

- 1 can nonfat or vegetarian refried beans
- 1 cup grated reduced-fat cheese
- 7 tablespoons salsa
- 7 reduced fat, 7-inch whole wheat flour tortillas
- 2 cups chopped lettuce
- 1/2 cup chopped tomatoes

Directions:

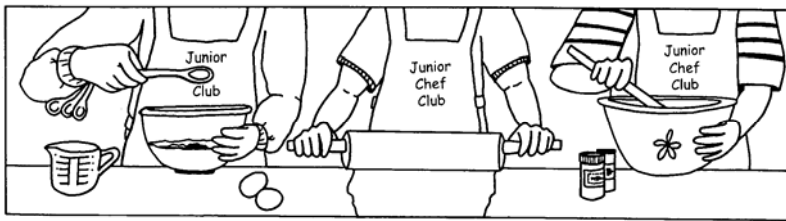
To assemble burritos, divide the students into two groups. Give each group one bowl of refried beans, 1 cup of cheese, and 7 tablespoons of salsa.

Demonstrate how to spread about 1/4 cup of beans down the middle of the tortilla, leaving about 1/2 inch at each end. Then spread one tablespoon of salsa on top of beans. Then top with about 2

tablespoons of cheese. Fold ends in on top of beans. Fold tortilla over the beans. Allow each student to assemble two burritos and place them, folded side down, on the baking dish.

1. Spread about 4 tablespoons (1/4 cup) of beans in a line about two inches wide down center of each tortilla. Do not spread to edges.
2. Spoon one tablespoon salsa on top of cheese.
3. Sprinkle about 2 tablespoons cheese on top of beans.
4. Fold ends of tortilla across beans.
5. Fold in sides of tortilla and place seam side down on plate or baking dish.
6. If using plate, place in microwave for a short time to heat. If using baking dish, cover and place in 350° F oven for about 20 minutes to heat through.
7. Remove from oven. Cut each burrito in half. Place on plate and top with lettuce and tomatoes.
8. Serve with salsa or taco sauce and low-fat sour cream (optional).
9. To make a meal of burritos, serve with salad, a cooked vegetable, Spanish rice and milk. Have a fruit-based dessert.

Set out the plates of burrito halves and toppings. Give each Jr. Chef a task and let the class file through so each student can add toppings to his or her burrito.



Jr. Chef Club
Delicious Dinners
Lesson 7

Best Bean Burritos

Serves 28 students.

Ingredients:

- 2 cans nonfat or vegetarian refried beans
- 2 cups grated reduced fat cheese
- 14 tablespoons salsa
- 14 reduced fat, 7-inch whole wheat flour tortillas
- 4 cups chopped lettuce
- 1 cup chopped tomatoes

Directions:

1. Spread about 4 tablespoons (1/4 cup) of beans in a line about two inches wide down center of each tortilla. Do not spread to edges.
2. Spoon one tablespoon salsa on top of cheese.
3. Sprinkle about 2 tablespoons cheese on top of beans.
4. Fold ends of tortilla across beans.
5. Fold in sides of tortilla and place seam side down on plate or baking dish.
6. If using plate, place in microwave for a short time to heat. If using baking dish, cover and place in 350° F oven for about 20 minutes to heat through.
7. Remove from oven. Cut each burrito in half. Place on plate and top with lettuce and tomatoes.
8. Serve with salsa or taco sauce and low-fat sour cream (optional).
9. To make a meal of burritos, serve with salad, a cooked vegetable, Spanish rice and milk. Have a fruit-based dessert.