

Thinking Outside the Box!



Green Chili Burritos

Cooking more meals at home is a critically important component when maintaining an optimal nutrition diet. This means meal preparation. Dedicate the same time every week to plan your meals for the week. This will help cut down time spent in the grocery store and might decrease the number of trips each week. It can also decrease the stress of figuring out what to make on a night when you're pushed for time.

Building a healthy eating pattern to assist with meeting your health and wellness goals does not require forgoing any processed foods. However, should one choose to make the lifestyle choice to avoid all processed foods, there is nothing wrong with that either. In order to truly maintain a healthy eating pattern, choices should fit your lifestyle with considerations given to time, finances, and overall goals/beliefs. If including processed foods in your life makes it easier to cook more meals at home, then do so.

When planning out meals for the week, you can do things to help make it easier for you later in the week. Try cutting vegetables ahead of time so it's easy to put them in your dish when it comes time to make it. You can make sides or snacks ahead of time. When it comes time to make your dinner, double it and store some in the freezer for when something comes up and you can't stick to your meal plan.

This meal uses shelf-stable ingredients as the main building blocks to these burritos, showing that a nutritious meal can be primarily made of center store items. Sticking to a meal prep plan can make mealtimes easier and more nutritious. By prepping more of the inputs, these burritos can be easily constructed the next day with or without the baking step. Save time by making more during the first round of this meal. By prepping more of the inside of the burrito versus making more burritos, you'll avoid soggy tortillas.



Nutrients per Serving:	Carbs: 59.22 g
Protein: 34.98 g	Sodium: 1603.08 mg
Fat: 15.58 g	Sat Fat: 6.26 g

Ingredients: 3 - 4 servings

- 12-13 oz. canned chicken breast, drained
- 15-16 oz. canned low-sodium black beans, rinsed and drained
- 16 oz. canned corn, no added sugar or salt
- ½ tsp. garlic powder
- 1 tsp. cumin powder
- 4 oz. canned green chilis, mild and chopped (optional)
- 1 ½ cups green enchilada sauce
- ½ cup shredded cheddar cheese
- 4 whole wheat tortillas
- ½ cup nonfat Greek yogurt
- 2 cups shredded romaine lettuce
- 1 medium tomato
- 1 tbsp. fresh cilantro, chopped (optional)

Directions: Preheat oven to 375 degrees F

- In a large mixing bowl, add the drained chicken, corn, beans, spices, and ½ cup of the enchilada sauce.
- If using large tortillas, evenly distribute mixture between 4. If using small tortillas, distribute the mixture between 6-8. Spread 2 tbsp. of remaining sauce evenly on the bottom of a baking dish.
- Place the chicken mixture on a tortilla, fold the right and left side over, then roll from the top, keeping the folded sides in. Place the rolled burrito, seam side down in a baking dish. Repeat.
- Pour the remaining sauce on top of the burritos, and gently spread until evenly covered. Place aluminum foil over the baking dish.
- Place the dish in the oven and bake for 20 minutes. Remove the foil and sprinkle the cheese evenly over the burritos. Place back in the oven and cook for an additional 5-10 minutes to melt the cheese.
- Serve 1 (large burrito) or 2 small burritos on a plate. Top with the lettuce, tomato and a dollop of yogurt.
- Serve alongside a serving of your favorite fresh fruit that is in season.

DISCLAIMER:

THIS RECIPE DOES NOT CONSTITUTE AN ENDORSEMENT BY DOD OF ANY INDIVIDUAL VENDOR. ANY PRODUCT OF SIMILAR SPECIFICATION MAY BE USED TO MAKE THIS HEALTHY CHOICE MEAL.

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