

Black Bean Mango Burritos **LF**

- 4 (7-inch) low-fat flour tortillas
- 1 tablespoon olive oil
- 1 cup chopped yellow onions
- 2 medium cloves garlic, minced
- 1 teaspoon ground cumin
- 1/8 teaspoon freshly ground black pepper
- Pinch red pepper flakes
- Dash hot pepper sauce, such as Tabasco
- 1 (15-ounce) can black beans, rinsed and drained
- 1 1/2 cups peeled, seeded and diced mango
- 1 tablespoon light brown sugar
- 1 tablespoon fresh lemon juice
- 1/2 cup shredded Cheddar cheese (about 2 ounces)
- 1/4 cup chopped cilantro

Preheat the oven to 350 F.

Wrap the tortillas in aluminum foil, place in the oven and heat until warm, about 5 minutes.

Meanwhile, in a large, heavy skillet over medium-high heat, heat the oil until ripples appear, about 2 minutes. Add the onions and cook, stirring frequently, until softened, 3 to 5 minutes. Add the garlic, cumin, black pepper, red pepper flakes, hot pepper sauce and black beans and cook, stirring and mashing the beans slightly, just until heated through, about 2 minutes. Remove the pan from the heat; set aside and cover to keep warm.

In a small skillet over medium-high heat, combine the mango, brown sugar and lemon juice and cook just until the mango softens and releases its juices, about 2 minutes. Remove from the heat.

To serve, place about 1/2 cup of the black-bean mixture in the center of 1 tortilla and sprinkle with the cheese. Spoon about 1 tablespoon of the mango mixture over the beans, sprinkle with 1 tablespoon of cilantro and roll the tortilla around the filling. Place the burrito seam-side down on a dinner plate and repeat with remaining ingredients. Makes 4 burritos.

Per serving: Cal 477 (24% fat) Fat 13 g (5 g sat) Fiber 13 g Chol 15 mg Sodium 353mg Carbs 74 g Calcium 224 mg

Source: "The 'Good Morning America' Cut the Calories Cookbook: 120 Delicious Low-Fat, Low-Calorie Recipes From Our Viewers"/Washington Post