



Recipes

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Fresh Mex Burrito Bar

Prep Time: 25 Minutes

Cooking Time: 15 Minutes

Serves 100

Ingredients:

100 each 10" Smart Hearty Grains™ Tortilla, warm (47088))

21 lbs. Lime Cilantro Brown Rice , commercially prepared , cooked

5 cans (#10) Low-sodium Black Beans , drained

50 oz. Reduced-Fat Shredded Cheddar Cheese

Shredded Mexican Chicken , see related recipe

25 oz. Romaine Lettuce , shredded

12.5 cups Pico de Gallo , prepared

Directions:

1. Serving Instructions: Place warm tortilla on flat work surface and top with ½ cup of warm flavored brown rice, warm 1/3 cup black beans, 2 tbsp. cheese, 2.5 oz. warm chicken , 2 tbsp. romaine and 2 tbsp pico. Fold ends in and roll tightly to form a burrito.

Shredded Mexican Chicken

Serves 1

Ingredients:

2 7/8 oz. Chicken Breast , cooked , pulled

1/8 cup Enchilada Sauce , low sodium

Directions:

1. Preheated tilt skillet to 350°F.

2. Simmer cooked chicken breast in enchilada sauce for 15 minutes. Hold warm.