



BODYBUILDING.COM™

Homemade Double-Stuffed Cheesy Burrito

Chipotle will want your recipe after you show off this easy-to-make, double-stuffed, cheesy burrito to your friends on social media. The secret is in the cheese, so don't skimp in that department!

Prep Time: 10 min. Cook Time: 15 min.

Ingredients

1/2 diced bell pepper
1/4 cup diced white onion
2 whole-wheat tortillas
1/2 cup low-fat, shredded cheese
1 medium avocado
5 oz. cooked, sliced chicken breast
1/2 cup cooked black beans

Optional Toppings

Hot sauce
Sour cream

Directions

1. Spray large sauce pan with non-fat cooking spray. Add diced peppers and onions and cook over medium heat for about 6 minutes, until peppers are soft and onions translucent.
2. Coat a second saucepan with non-fat cooking spray. Turn heat to medium and add one tortilla to the pan. Sprinkle the shredded cheese evenly over the tortilla.
3. Place the second tortilla over the cheese and cook until cheese begins to melt. Flip and cook until the second tortilla browns.
4. Peel and pit avocado. Mash with a fork.
5. Place the cheese-filled tortillas on a plate and spread mashed avocado on top.
6. Top avocado mash with vegetables, chicken, and beans.
7. Roll tortillas into a burrito, top with any optional ingredients, and enjoy!

Serving Size: 1 burrito
Makes 1 serving