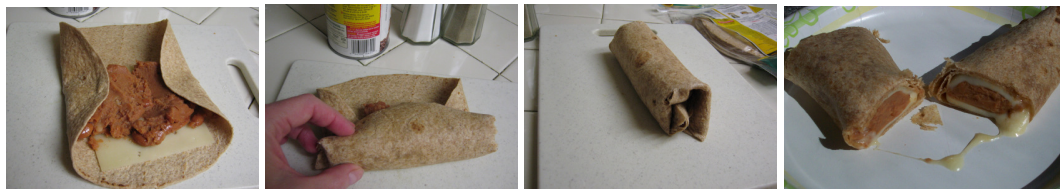


Swiss Cheese and Bean Burrito



Totals for one Burrito:

Calories 280 Fat 6.5g Fiber 6g Carbs 37g

Things you'll need:

- 1 Low fat, whole-wheat tortilla (120 –130 calories)
- 1 Slice low fat or fat free (Swiss, provolone or cheddar) cheese (70-80 calories)
- 1/5 Of one can of fat free, refried beans

Let's get to cooking!

1. Lay your tortilla out on a plate.
2. Place your slice of cheese in the portion of the tortilla that is closest to you.
3. Scoop your beans and place them on the cheese and begin to roll the burrito.
4. As you roll, take the sides and fold them towards the middle of the burrito and this will close the burrito and your cheese will not melt all over the place when you heat it up.
5. Continue to roll and fold until you've reached the end.
6. Microwave on HIGH for one minute.

You can bake this in a regular oven or a toaster oven, as well. Also, be careful not to burn your mouth – some microwaves heat up faster than others – but this makes a VERY easy, quick and dirt-cheap lunch, full of protein and fiber.

NOTE: I make these five at a time. One can of fat free refried beans divides into five portions of 70 calories each burrito or ten portions of 35 calories (if you are cutting even more calories) perfectly. These will freeze in baggies so you can make your work lunch in advance.

Another great **Kitty's Lighter Weigh** recipe!