

## **Burritos**

**1lb of ground chicken**

**1 can of fat free refried beans**

**1/2 green bell pepper**

**1 onion**

**1/2 cup salsa**

**1 tsp turmeric**

**1 tsp garlic powder**

**1 TBSP chili powder**

**8-10 low carb tortillas**

**Low fat Greek yogurt**

**2% milk cheddar cheese**

**Sautéed pepper and onion**

**Add ground chicken and brown**

**Add seasoning and salsa and mix**

**Add beans and mix until fully heated**

**Scoop 1/3 cup of mixture into a tortillas and fold**

**Spray a 9x 13 pan and lay burritos in single layers**

**Add 1/4 cup of cheeses to each burrito and place in oven**

**350, 10 min**

**Add Greek yogurt**