

Cooking Light

January 2010

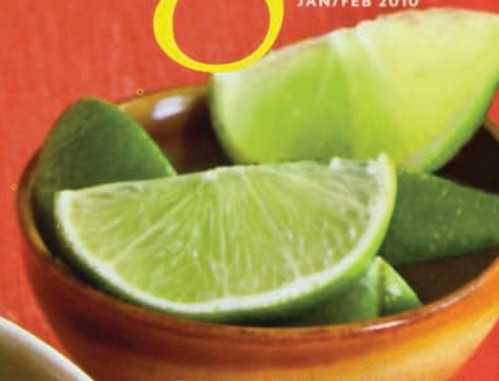
Cooking Light

JAN/FEB 2010

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EAT RIGHT IN 2010
OUR NEW RULES & TIPS MAKE
HEALTHY EATING SIMPLE p. 132

Dinner Tonight



BUY THE BEST

Choose organic canned beans, which are typically lower in sodium than other types.



FLAVOR HIT

Refrigerated fresh salsa or pico de gallo has a bright, zippy taste.



SIMPLE SUB

In place of chipotle chile powder, you can use 1/2 teaspoon regular chile powder plus 1/8 teaspoon ground red pepper.



30
minutes

THE GAME PLAN

While skillet heats:

- Mince garlic for burritos and guacamole.

While bean mixture simmers:

- Chop tomatoes.
- Shred lettuce.
- Slice green onions.
- Prepare the guacamole.
- Warm tortillas.

Chipotle Bean Burritos

with Guacamole and Chips

- 1 tablespoon canola oil
- 1 garlic clove, minced
- 1/2 teaspoon chipotle chile powder
- 1/4 teaspoon salt
- 1/3 cup water
- 1 (15-ounce) can organic black beans, drained
- 1 (15-ounce) can organic kidney beans, drained
- 3 tablespoons refrigerated fresh salsa
- 6 (10-inch) reduced-fat flour tortillas (such as Mission)
- 1 cup (4 ounces) preshredded reduced-fat 4-cheese Mexican blend cheese
- 1 1/2 cups chopped plum tomato (about 3)
- 1 1/2 cups shredded romaine lettuce
- 6 tablespoons thinly sliced green onions
- 6 tablespoons light sour cream

1. Heat oil in a large nonstick skillet over medium heat. Add garlic to pan; cook 1 minute, stirring frequently. Stir in chile powder and salt; cook 30 seconds, stirring constantly. Stir in 1/3 cup water and beans; bring to a boil.

Reduce heat, and simmer 10 minutes. Remove from heat; stir in salsa. Partially mash bean mixture with a fork.

2. Warm tortillas according to package directions. Spoon about 1/3 cup bean mixture into center of each tortilla. Top each serving with about 2 1/2 tablespoons cheese, 1/4 cup tomato, 1/4 cup lettuce, 1 tablespoon onions, and 1 tablespoon sour cream; roll up. Yield: 6 servings (serving size: 1 burrito).

CALORIES 361; **FAT** 10.3g (sat 3.8g, mono 3.1g, poly 2g); **PROTEIN** 16.8g; **CARB** 52.2g; **FIBER** 11.4g; **CHOL** 19mg; **IRON** 3.3mg; **SODIUM** 735mg; **CALC** 395mg

For the Guacamole and Chips:

Place 1 ripe peeled avocado in a bowl; mash with a fork. • Add 1 tablespoon minced onion, 1 tablespoon chopped fresh cilantro, 1 tablespoon fresh lime juice, 1/2 teaspoon salt, 1 minced garlic clove, and 1/2 jalapeño pepper, seeded and minced. • Stir until well blended. • Serve with baked tortilla chips.

—Recipes by David Bonom, Maureen Callahan, Elizabeth Karmel, Jeanne Kelley, and Ivy Manning