

Spicy Pumpkin Burritos



Try this hearty vegetarian burrito using seasonal Fall vegetables.

- 259 Calories per serving
- 0.0 g Saturated Fat per serving
- 366 mg Sodium per serving

Ingredients

- + 1 tsp. **olive oil** (extra virgin preferred)
- + 1/2 cup frozen **whole-kernel corn**
- + 15.5 oz. canned, no-salt-added **black beans** (drained, rinsed)
- + 15 oz. canned solid-pack **pumpkin** (not pie filling)
- + 1 cup cooked **brown rice**, cooked without salt and margarine
- + 1/4 cup **water**
- + 1 tsp. ground **cumin**
- + 1 tsp. **chile powder** (made with ancho chiles preferred)
- + 1/2 tsp. dried **oregano** (crumbled)
- + 8 8-inch low-fat **whole-grain tortillas**, lowest sodium available
- + 1/2 cup sliced **green onions**
- + 1/2 cup fat-free **sour cream**
- + 1/2 cup shredded **lettuce**, such as romaine, or spinach
- + 1/2 cup chopped **tomato**

Directions

1. In a medium saucepan, heat the oil over medium heat, swirling to coat the bottom. Cook the corn for 4 to 5 minutes, or until slightly browned, stirring occasionally.
2. Stir in the beans, pumpkin, rice, water, cumin, chili powder, oregano, and cayenne. Bring to a simmer. Reduce the heat and simmer for 4 to 5 minutes, or until heated through.
3. Warm the tortillas using the package directions.
4. Spoon the filling down the center of each tortilla. Sprinkle the green onions over the filling. For each burrito, fold two sides of the tortilla toward the center. Starting from the unfolded side closest to you, roll the burrito toward the remaining unfolded side to enclose the filling. Transfer with the seam side down to plates. Top with the sour cream. Sprinkle with the lettuce and tomato.

This recipe is brought to you by the American Heart Association's Go Red For Women movement. Recipe copyright © 2016 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere or online at heart.org/cookbooks.