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Studio 5
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"Southwest Burritos and Taco Dip"

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Dairy Farmers of Utah

Burrito Ingredients:

1/2	pound ground beef sirloin or lean ground beef
2	teaspoons minced garlic
1	cup chunky salsa, divided
2	cups cooked brown or white rice
6	(9-inch) whole-wheat flour tortillas
1	can (15 oz) black beans, drained and rinsed
1	can (11 oz) whole kernel corn, drained
2	cups shredded Pepper Jack cheese
1/3	cup sliced green onion, including green tops

Dip Ingredients:

2	teaspoons chili powder
1	can (16 oz) spicy fat-free refried beans
1/3	cup chunky medium salsa
1	carton (8 oz) plain fat-free or low-fat yogurt
1	cup finely chopped iceberg lettuce
1	cup shredded reduced-fat Mozzarella cheese
1	cup shredded reduced-fat Cheddar cheese
1	tomato, seeded and chopped
1/3	cup sliced green onion, including tops
2	tablespoons chopped black olives

Method:

Prepare burritos by browning ground beef with garlic in a medium non-stick skillet, (break beef mixture up as it cooks). Drain fat from meat and stir in 1/2 cup salsa; set aside.

Spread 1/3 cup cooked rice on center of one tortilla, leaving a 1/2-inch border. Scatter 2 tablespoons of black beans and 1 1/2 tablespoons of corn over rice. Spread 1/3 cup of the beef mixture and 1/4 cup of the cheese over corn. Top with 2 teaspoons of the salsa and a few pieces of green onion. Fold in two opposite edges of tortilla one inch each and roll up. Place, seam side down, on microwave safe dish. Repeat with remaining tortillas. Microwave each burrito 1 minute or until heated through.

Prepare dip by stirring chili powder into refried beans and spreading evenly onto a clear pie dish. Spread yogurt over refried beans; spread 1/3 cup salsa over yogurt, leaving a narrow border around each layer's edge. Scatter lettuce over yogurt mixture. Sprinkle cheese over lettuce and top with tomato, 1/3 cup sliced green onion, and chopped olives. Dip goes well with tortilla chips or assorted sliced veggies.

Nutrition Facts
Serving Size 1 burrito
Servings Per Container 6

Amount Per Serving
Calories 380 Calories from Fat 70

	% Daily Value*
Total Fat 8g	**13%**
Saturated Fat 3g	**16%**
Cholesterol 20mg	**7%**
Sodium 900mg	**38%**
Total Carbohydrate 54g	**18%**
Dietary Fiber 9g	**35%**
Sugars 2g	
Protein 27g	

Vitamin A 8% • Vitamin C 20%
Calcium 20% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts
Serving Size 3/4 cup Dip
Servings Per Container 10

Amount Per Serving
Calories 130 Calories from Fat 45

	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 3g	**16%**
Cholesterol 15mg	**5%**
Sodium 340mg	**14%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 3g	**11%**
Sugars 3g	
Protein 11g	

Vitamin A 10% • Vitamin C 6%
Calcium 25% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Notes:

Nice do ahead reduced fat, loaded with nutrients recipes for summer. Recipes were created by 3-A-Day™ of Dairy. For additional 3-A-Day™ of Dairy recipes go to www.3aday.org If desired, substitute Mexican-blend cheese for Mozzarella and Cheddar. For nutrition analysis go to www.dairycouncilutnv.org