

bbq chicken and black bean burritos

Serves: 4

Prep and Cook time: 25 min

Per serving: 666 calories, 22 g fat, 1060 mg sodium

1 lb skinless, boneless chicken , fresh or frozen	1 clove fresh garlic, minced, or 1 tsp bottled minced garlic	4 large (10 to 12 inch) flour tortillas
1 small onion (1/2 cup chopped)	1/2 cup barbeque sauce, or more to taste	About 1/4 cup low fat sour cream (optional)
1 TBS vegetable oil	1/2 cup finely shredded Cheddar cheese, or more to taste	
1 can (15 oz) black beans		

1. If the chicken is frozen, run it under hot water so you can remove the packaging. Place the chicken on a microwave-safe plate and microwave, uncovered, on high power for 3 minutes to partially defrost.
2. Meanwhile, peel and dice the onion and set it aside.
3. Heat the oil in a 12-inch skillet over medium heat. While the oil is heating, cut the chicken (fresh or partially defrosted) into bite-size pieces, adding them to the pan as you cut. When all of the chicken has been added, cook, stirring occasionally, for 2 minutes.
4. Add the garlic and onion to the skillet. Continue cooking, stirring frequently, until the chicken is no longer pink in the center, 3 to 4 minutes more. Meanwhile, rinse and drain the beans.
5. When the chicken is cooked through, add the beans and barbeque sauce to the skillet and stir well to coat the chicken with the sauce. Sprinkle the cheese evenly over the mixture and continue to cook, without stirring, until the cheese melts, 2 to 3 minutes.
6. Meanwhile, stack the tortillas on a microwave-safe plate between damp paper towels and microwave until warm, 35-40 seconds.
7. To serve, spoon some of the chicken mixture onto the center of each tortilla and add a dollop of sour cream, if desired. Tuck in one end and roll up the tortillas burrito-style.

