

---

# Summertime Burritos

Total time: 30 min Yield: 4 Servings

## Ingredients

1 Tbsp vegetable oil  
1/2 medium red onion (sliced thin)  
2 clove fresh garlic (minced)  
1 red bell pepper (sliced)  
1 pre-roasted chicken (boned and shredded)  
8 oz crumbed feta cheese  
1/2 cup sun dried tomatoes in oil (drained and chopped)  
1 can black beans (15 oz. can; rinsed and drained)  
salt  
black pepper  
1 pinch cumin  
12" flour tortillas (warmed in the microwave)  
1 large ripe avocado (mashed)  
1 jar prepared salsa  
1 bunch fresh cilantro (rough chopped)  
wedges of fresh lime for serving

Prep Time: 30 min Total Time: 30 min

## Instructions

The only cooking you'll have to do is a quick sauté. Heat the vegetable oil in a medium size pan over medium-high heat, then cook the red onion for about two minutes until it starts to soften, then add the garlic and red bell pepper. Continue to cook for another 2 to 3 minutes - you want the bell pepper to retain some of its crunch.

In a large bowl, toss together the shredded chicken, feta cheese, sun dried tomato, black beans and the cooked bell pepper mixture. Then, season with salt, pepper and a pinch of cumin. To assemble the burritos, smear just the middle of a warm tortilla with some avocado, then pile a big spoonful of the chicken mixture, top with salsa, crumbled feta cheese, cilantro, a drizzle of lime juice and wrap. With a simple tossed salad, this makes a great summer meal!

## Recipe brought to you by:

Chef Michi Holland