

Hurry Up Fill Me Up Burritos

These are popular after school snacks for hungry teenagers and they can make them themselves. They are ready in 5 minutes from start to finish. Add sour cream, shredded lettuce and extra salsa, if desired. Use pre-packaged shredded cheese and leftover rice for even quicker preparation.

- 1 cup cooked rice
- 1 can (14 oz., 398 mL) kidney beans, rinsed
- 1 cup kernel corn
- $\frac{3}{4}$ cup prepared salsa
- 10 large (10 inch - 25 cm) flour tortilla (warmed)
- $1\frac{1}{4}$ cup shredded Cheddar cheese



1. Combine first four ingredients together in nonstick pan; stir over medium heat until warmed through, about 3-4 minutes.
2. Divide mixture evenly amongst tortilla. Sprinkle with cheese. Roll up tortillas.

Makes 10 burritos.

These can be prepared in the microwave: combine rice, beans, corn and salsa in a medium bowl. Divide mixture amongst tortillas; sprinkle with cheese. Roll up. Microwave on HIGH for 30-40 seconds or until heated through.

