

# Bean and Grilled Veggie Burritos

For a quick, flavorful breakfast or lunch, you can't beat this nutrient-packed burrito wrap. Take it to go, paired with a fresh salad or Thermos of soup, for a healthy lunch on the job. And if you're cooking for only one or two, you can reheat the leftover grilled vegetables for a fast, delicious meal solution later on.

## Makes 4 burritos

1 teaspoon extra virgin olive oil

1 garlic clove, minced

1 small onion, sliced

1 medium green bell pepper, sliced

1 medium summer squash (about 8 inches long), such as zucchini or crookneck

1/2 teaspoon chili powder

1 small tomato, chopped

2 tablespoons fresh cilantro (or 1 teaspoon dried)

3/4 cup canned vegetarian refried beans

Four 8-inch whole grain tortillas

1/4 cup shredded plant-based cheese

1 medium avocado, cut into 8 slices

1. To make the grilled veggies, heat the olive oil in a skillet. Add the garlic, onion, bell pepper, squash, and chili powder and saute until tender-crisp and golden, about 10 minutes.
2. Add the tomato and cilantro and saute for an additional minute.
3. Warm the refried beans in a small pot or in the microwave.
4. To assemble the veggie burritos, spread each tortilla with 3 tablespoons refried beans, then fill with 1 tablespoon plant-based cheese, one fourth of the grilled veggies (about 2/3 cup), and 2 slices of avocado. Roll up and place on serving plates, seam sides down.