

## **Sweet potato, black bean and corn burritos**

**Difficulty level- easy    Price- cheap**

2 packages whole wheat flour tortillas

2 large sweet potatoes, diced

Olive oil

1 onion, diced

2 cups corn kernels (from either fresh corn or a package of frozen corn)

1 can black beans, drained and rinsed

Salt, pepper and ground cumin for seasoning

### Directions:

Place the diced sweet potato in a large sauté pan and add just enough water to cover the bottom of the pan. Add a pinch of salt, cover and cook over medium heat until barely tender. The idea is to have just enough water to cook the potatoes without scorching, but not have to drain any of the water away.

Add 1 Tbls of Olive oil and the onion. Cook uncovered until the onion has softened. Add the corn, beans seasonings, tasting for correctness. Set aside to cool.

Soften the tortillas by microwaving, or griddling. Place about ½ cup of filling in the middle of the tortilla and roll up, tucking the sides of the tortilla around the filing.

Brush with a bit of olive oil, or spray with cooking spray and heat by griddling, in a George Forman Grill, or in a sauté pan. Garnish with salsa and fresh chopped cilantro. Makes enough filling for 12 burritos.