Broccoli Burritos

Source: Source: Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, MS, RD; recipe by Jennifer Raymond, MS, RD

Salsa and optional tahini pack the flavor into these burritos!

About the Recipe

305 Calories · 14.7 g Protein · 13.1 g Fiber
Lunch
Gluten-free · Nut-free

Broccoli is rich in vitamin K and calcium, which support bone health.

If the tortilla is made from wheat, barely, or rye, it is not gluten free.

Ingredients

Makes 4 Servings

- 2 broccoli stalks
- 1 15-oz (254-g) garbanzo beans
- 1/2 c (78 g) roasted red peppers
- 2 tbsp (30 mL) tahini
- 3 tbsp (60 mL) lemon juice
- 4 whole-wheat flour tortillas
- 6 tbsp (194 g) salsa

Directions

1. Cut or break broccoli into florets. Peel stalks and cut into 1/2-inch (1.3 cm) rounds. Steam broccoli over boiling water until just barely tender, about 5 minutes.

2. Drain garbanzo beans and place in a food processor with peppers, tahini (if using), and lemon juice. Process until completely smooth, about 2 minutes.
3. Spread about 1/4 of the garbanzo mixture on a tortilla and place in a large, heated skillet. Heat until tortilla is warm and soft, about 2 minutes. Arrange a line of cooked broccoli down the center, and then sprinkle with salsa. Roll tortilla around filling and remove from heat.
4. Repeat with remaining tortillas. Serve warm.

Nutrition Facts

Per serving
Calories: 305
Protein: 14.7 g
Carbohydrate: 57.6 g
Sugar: 7.7 g
Total Fat: 4.1 g
Saturated Fat: 0.4 g
Calories from Fat: 11.4%
Fiber: 11 g
Sodium: 725 mg
Calcium: 114 mg
Iron: 3.1 mg
Vitamin C: 106.6 mg
Beta-Carotene: 664 mcg
Vitamin E: 2.2 mg