

Salmon, Beans & Rice Wrap: 25 Minute Meal



INGREDIENTS:

1 package (5 oz.) red beans and rice
1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon, drained and chunked
1 cup (8 oz.) salsa con queso processed cheese blend*
5 (10-inch) flour tortillas
1 cup chunky salsa, if desired

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DIRECTIONS:

Prepare beans and rice blend according to package directions, omitting butter. Cook, uncovered, for 15 minutes. Stir in salmon and processed cheese blend. Heat through 3 to 5 minutes. Portion 3/4 cup salmon mixture near center of a tortilla. Roll up envelope style; repeat with remaining mixture. Serve with chunky salsa, if desired.

*1 cup shredded mild Cheddar cheese and 1/2 cup salsa can be substituted.
Makes five burritos, about 3-3/4 cups.

NUTRITIONAL INFORMATION:

Nutrients per serving: 475.4 calories, 13.6g total fat, 2.9g saturated fat, 26% of calories from fat, 54mg cholesterol, 26.2g protein, 62.9g carbohydrate, 5g fiber, 2382.6mg sodium, 268.1mg calcium and 1.6g omega-3 fatty acids.