



SALMON AND BLACK BEAN BURRITO BAKE

Canned salmon is rich in protein, vitamin D, calcium (from the bones), and omega-3 fatty acids. Omega-3 fats are heart-healthy fats and also promote healthy brain development in babies.

INGREDIENTS

6-8 oz of canned salmon
1 tbsp olive oil
2 cloves garlic, chopped
5 eight inch tortillas, flour or corn
1 15 oz can drained black beans
1 cup diced tomatoes
½ cup diced onion
4 oz canned chopped green chilies
1 cup pepper jack cheese
½ tsp of cumin
¼ tsp chili pepper
Salt/black pepper
1 jar of salsa of choice

DIRECTIONS

1. Add drained canned salmon to a bowl and season with salt and pepper.
2. Next heat the beans on the stovetop. Then mix in 1/2 cup cheese, spices, onions, and tomatoes into your pot with beans. Cook for about 5- 10 minutes on medium until the cheese is all melted through.
3. Preheat the oven to 350F.
4. Next, spray a baking dish with cooking spray. Take each tortilla and warm them in the microwave then place 1/4 cup bean/tomato mix and another 1/4 cup or less of the salmon mixture into each tortilla. Roll it up and place it on a baking sheet. Repeat for about 5 to 6 tortillas.
5. Layer the tortillas with the remaining black bean and tomato mix you have left. Add the extra cheese on top. Bake covered for 15 minutes then uncovered for 10 minutes. Broil last minute if you want cheese crispy on top. Remove and add salsa to the whole pan and enjoy!

Prep Time: 5 min | Cook Time 25 min | Total Time 30 min

Servings: 5-6

For more seafood recipes, check out the source:

seafoodnutrition.org