

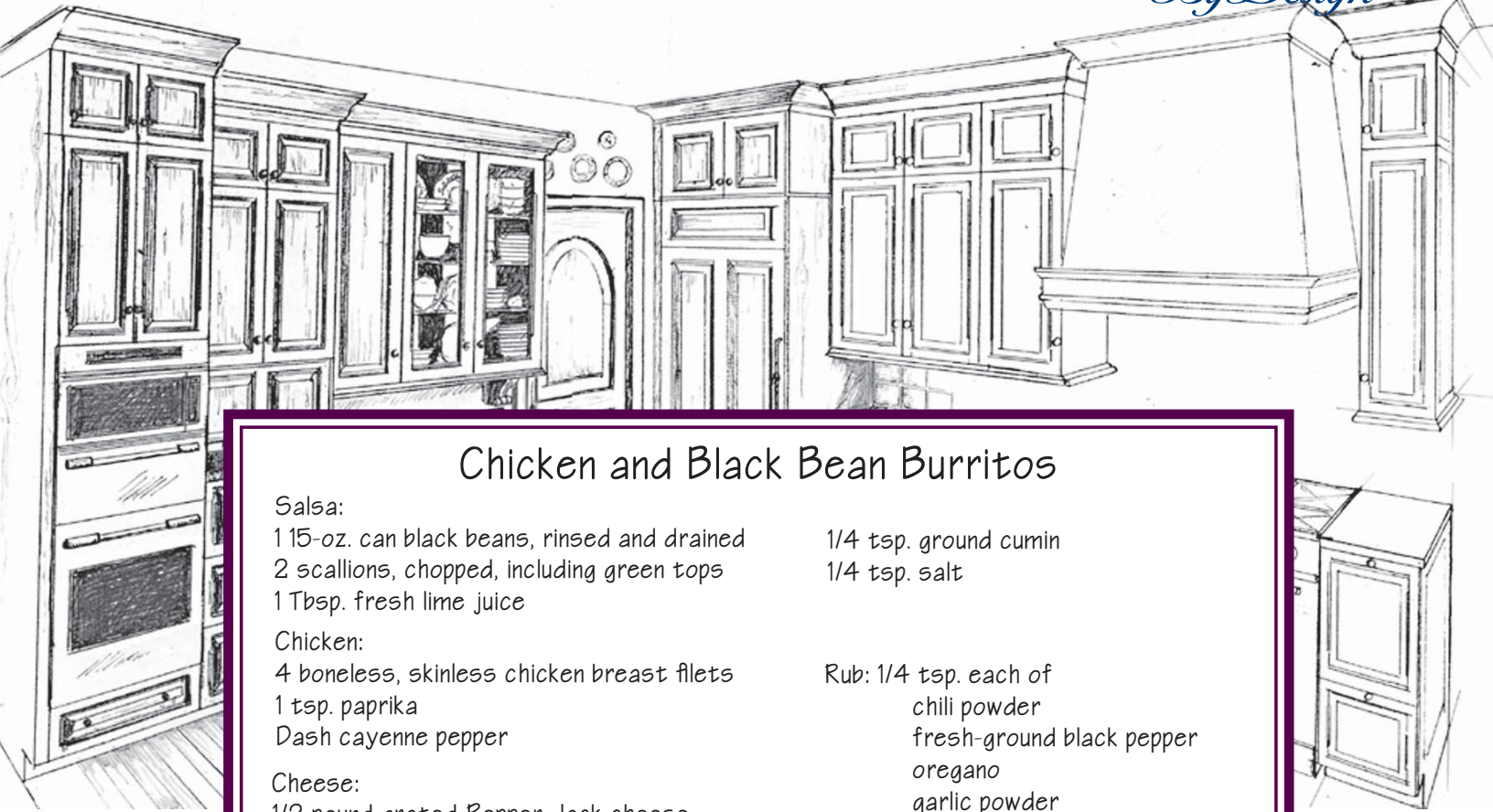
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Professional Designers, Avid Cooks

... a winning combination!

JAN PARKER'S KITCHENS *By Design* L.L.C.



Chicken and Black Bean Burritos

Salsa:

1 15-oz. can black beans, rinsed and drained
2 scallions, chopped, including green tops
1 Tbsp. fresh lime juice

1/4 tsp. ground cumin
1/4 tsp. salt

Chicken:

4 boneless, skinless chicken breast filets
1 tsp. paprika
Dash cayenne pepper

Rub: 1/4 tsp. each of
chili powder
fresh-ground black pepper
oregano
garlic powder
salt

Cheese:

1/2 pound grated Pepper-Jack cheese

4 large (9") flour tortillas

Directions:

Mix salsa ingredients together in a small bowl.

Mix chili powder through cayenne pepper and rub on both sides of chicken breasts. Cook chicken in grill pan over moderate heat for 5 minutes, turn and continue cooking another 4-5 minutes. (I use my George Foreman grill and cook according to their time-table.)

Let rest before slicing.

On each tortilla, line 1/4 of the cheese, 1/4 of the salsa, and 1/4 of the chicken slices. Roll up burrito-style and wrap each burrito in foil. (May be refrigerated at this point until later.) Bak in 350 degree oven for approximately 20-25 minutes. Embellish with tomato salsa, sour cream, or other toppings as desired.

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