

Burrito



Recipe makes: 3
Prep time: 45 minutes
Cook time: 25 minutes

Ingredients

Low protein tortillas

- 1 tsp baking powder
- 1 tsp (3 g) Fajita mix, dry
- 2 tsp (6 g) psyllium husk
- 1 tsp (3 g) tomato puree
- $\frac{3}{4}$ cup (180 ml) warm water
- 2 tsp olive oil
- 1 $\frac{3}{4}$ cups (240 g) of Taste Connections low protein bread mix

Filling

- 2 tsp of lime juice
- $\frac{1}{4}$ cup (60 ml) water
- $\frac{1}{2}$ tsp cumin
- $\frac{1}{2}$ cup (100 g) red onion, finely chopped
- 1 cup (100 g) yellow peppers finely chopped
- 1 cup (110 g) sweet potato, finely chopped
- $\frac{1}{2}$ cup (55 g) carrot finely sliced
- $\frac{1}{2}$ cup (55 g) zucchini chopped
- 1 tsp garlic clove, crushed
- 1 large chilli, sliced
- 2 tsp olive oil
- 1 cup (96 g) Follow Your Heart® Pizzeria Blend Shreds, divided
- 1 cup (122 g) low protein rice, cooked, divided

Directions

For the low protein tortilla:

- 1 In a bowl add psyllium husk, tomato puree, water and olive oil; allow to stand for 5 minutes until thickened.
- 2 Mix in fajita mix, baking powder and low protein bread mix in a medium-sized bowl.
- 3 Add wet ingredients; then knead into a dough.
- 4 Divide dough into three equal amounts and roll into 9 inch circles.
- 5 Heat a dry frying pan over low heat, and cook each tortilla for 1 to 2 minutes until slightly brown on each side.
- 6 Set the tortillas aside to cool.

For the filling:

- 1 Add oil, vegetables, garlic, cumin, water and lime juice to the frying pan; cook on medium heat for 10 minutes.
- 2 To assemble the burrito, place a tortilla on a plate, and add $\frac{1}{2}$ cup vegetable filling, and $\frac{1}{3}$ cup of low protein rice.
- 3 Sprinkle each burrito with $\frac{1}{3}$ cup Pizzeria Blend shreds.
- 4 Fold the sides of each burrito down and place the wrapped side on a plate.

Nutrition Info Per Serving (1 burrito):

Calories: 580 | Protein: 3 g | Phenylalanine: 135 mg

Refer to labels for allergen and other product information.

Metabolic Pro database was used for the nutrition analysis.

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