



RECIPE OF THE WEEK

This Salmon, Corn, & Bean Burrito Bake recipe is a quick, easy and delicious meal to make. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go groceries, this healthy Tex-Mex twist is a taste bud treat for the family to enjoy.



SALMON, CORN & BEAN BURRITO BAKE

Nutritional Facts:

Salmon is rich in essential Omega 3 fatty acids, and a great source of protein. Beans are also rich in lean protein, iron, calcium, fiber, and vitamins. Corn, tomatoes, and garlic together are high in fiber; zinc, iron, copper, folate, calcium, potassium, phytonutrients, magnesium, manganese, phosphorus, thiamin, and vitamins A, C, B6, and K. Cheese is also a great source of protein, calcium.

All this helps digestive, heart and bone health; blood pressure, and cholesterol levels, reduces inflammation; boosts immune function, and energy levels, as well as protects against osteoporosis, cancer, and diabetes.

Ingredients (Serves 4):


Two 4-ounce cans of canned salmon, drained	¼ cup canned chopped green chiles, drained
1 teaspoon olive oil	¼ cup diced onion
1 clove garlic, chopped	1 cup shredded pepper jack cheese
6 tortillas	½ teaspoon of cumin
One 15 oz can pinto or black beans, drained	¼ teaspoon chili pepper
1 cup diced canned tomatoes, drained	¼ teaspoon kosher salt/black pepper, each
1 can corn, drained	salsa of choice


Instructions

1. Place salmon in a bowl and season with salt and pepper and garlic.
2. Heat the beans and corn on the stove top. Mix in ½ cup cheese, spices, onions, and tomatoes into the pot with beans. Cook for about 5- 10 minutes on medium until the cheese is melted.
3. Preheat oven to 350. Spray a baking dish with oil. Take each tortilla and warm them in microwave then lightly, pat each with butter or olive oil.
4. Place ¼ cup bean mixture with ¼ cup of the salmon mixture into each tortilla. Roll it up and place in baking dish. Repeat for the 6 tortillas.
5. Top the tortillas with the remaining bean mix. Then add the extra cheese on top.
6. Bake covered for 15 minutes then uncovered for 10 minutes. Broil one minute to make it crisp on top.
7. Remove and add salsa on top.

Serve, Eat & Enjoy!

Recipe adapted from: www.cottercrunch.com

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