

# Broccoli Burritos

Source: Source: Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, MS, RD; recipe by Jennifer Raymond, MS, RD

Salsa and optional tahini pack the flavor into these burritos!

## About the Recipe

**305 Calories · 14.7 g Protein · 13.1 g Fiber**

**Lunch**

**Gluten-free · Nut-free**

Broccoli is rich in vitamin K and calcium, which support bone health.

*If the tortilla is made from wheat, barely, or rye, it is not gluten free.*

## Ingredients

**Makes 4 Servings**

- 2 broccoli stalks
- 1 15-oz (254-g) garbanzo beans
- 1/2 c (78 g) roasted red peppers
- 2 tbsp (30 mL) tahini
- 3 tbsp (60 mL) lemon juice
- 4 whole-wheat flour tortillas
- 6 tbsp (194 g) salsa

## Directions

1. Cut or break broccoli into florets. Peel stalks and cut into 1/2-inch (1.3 cm) rounds. Steam broccoli over boiling water until just barely tender, about 5 minutes.

2. Drain garbanzo beans and place in a food processor with peppers, tahini (if using), and lemon juice. Process until completely smooth, about 2 minutes.
3. Spread about 1/4 of the garbanzo mixture on a tortilla and place in a large, heated skillet. Heat until tortilla is warm and soft, about 2 minutes. Arrange a line of cooked broccoli down the center, and then sprinkle with salsa. Roll tortilla around filling and remove from heat.
4. Repeat with remaining tortillas. Serve warm.

## Nutrition Facts

*Per serving*

**Calories:** 305

**Protein:** 14.7 g

**Carbohydrate:** 57.6 g

**Sugar:** 7.7 g

**Total Fat:** 4.1 g

**Saturated Fat:** 0.4 g

**Calories from Fat:** 11.4%

**Fiber:** 11 g

**Sodium:** 725 mg

**Calcium:** 114 mg

**Iron:** 3.1 mg

**Vitamin C:** 106.6 mg

**Beta-Carotene:** 664 mcg

**Vitamin E:** 2.2 mg