

## chicken burrito



- 3 raw chicken breasts, cut into strips
- 1 tablespoon vegetable oil
- ½ teaspoon Cajun seasoning
- 2 cups cooked rice

- 1 (15 ounce) can black or pinto beans, rinsed
- 6 (8 inch) whole wheat tortillas
- 1 cup salsa
- ¾ cup shredded cheddar cheese
- 1 cup shredded lettuce

**Step 1** Heat the oil in a large skillet. Add the chicken breast strips and season with Cajun seasoning. Cook over medium-high heat until meat is brown and no longer pink.

**Step 2** Drain and rinse beans. Heat beans in skillet.

**Step 3** Divide the cooked chicken on the 4 tortillas. top with rice, beans, salsa, cheese and lettuce. Roll up tightly and serve.

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