

Family Food Experts

Home of the Kid Kritics Approved Seal



Kid Kritics Approved Product:
Cabot 50% Reduced Fat Sharp Cheddar Cheese

Easy Cheesy Turkey Chili Burrito



PREHEAT: toaster oven, medium temperature

PANS/EQUIPMENT: 1 flat pan with a grill insert

PREP TIME: about 7 minutes

COOK TIME: about 8 minutes

NUMBER OF SERVINGS: 3-5 or more depending on ages

4 whole grain tortillas (spelt!)

1 (15-ounce) can turkey or vegetable chili (organic and low sodium are best!)

Spread chili over front half of tortillas.

1 cup Cabot 50% Reduced Fat Sharp Cheddar Cheese, shredded, divided

1 cup mild salsa (reduced sodium)

1/4 cup chopped cilantro

Sprinkle 1 Tablespoon cheese on top of chili spread on each tortilla. Carefully roll up tortilla while folding in the sides. Sprinkle remaining cheese on top. Place in warmed oven and cook until cheese is melted and chili is warmed through. You can warm the chili in a pan first if you choose. Garnish with cilantro and serve with salsa!

NOTES: So little time and so many nutrients. And the good news is that burritos are yummy. You can make them as thick or thin as you choose, depending in the age of your children. Turkey Chili is easy to make, especially if you have a crock pot. There is a great recipe in our cookbook, Mom, I'm Hungry. What's for Dinner? To please the palate and hunger of your house guests and family, use this recipe and humbly accept the praise!

5 GOD-MADE FOOD COLORS: Tan, white, red, brown, green

6 FOOD GROUPS: whole grains, legumes (beans), poultry, vegetables, fruit (tomato base of chili), dairy