

Ingredients for Betty's Rice:

1/2 cup white rice
1 tsp canola oil
3/4 - 1 cup chicken broth (low-sodium)
1 1/2 tbsp favorite salsa

Ingredients for Betty's Pico de Gallo:

1/2 - 3/4 cup diced tomatoes
1/2 cup chopped onion
1/2 cup cilantro leaves
1 tbsp diced jalepeno
few squeezes of fresh lime
dash salt
few cracks of pepper

**Ingredients for (1) Betty's Burrito:**

1 burrito sized flour tortilla
3 - 4 tbsp shredded cheese (Monterey Jack & Cheddar)
1/2 cup chopped grilled chicken
2 tbsp pico de gallo
2 tbsp rice
2 tbsp black beans (drained)

Directions:

1. **Make the rice.** Add 1 tsp canola oil to a saucepan over medium-high heat. Add rice, low sodium chicken broth and salsa.
2. Bring mixture to a boil. Stir and cover. Turn the heat down to low and allow to cook for 17 minutes. Do not lift the lid or stir during cooking. Makes 1 1/2 cups rice.
3. **Make the Pico de Gallo.** Chop onion, tomato, cilantro leaves and jalepeno. Stir together and add lime, a dash of salt and a few cracks of black pepper to make pico de gallo. Makes about 1 cup pico de gallo.
4. **Assemble the burrito.** Slightly dampen tortilla with water.
5. Start with a layer of shredded cheese.
6. Add a layer of chicken.

7. Top with pico de gallo.
8. Add layer of rice.
9. Top with black beans.
10. Finish with another layer of shredded cheese.
11. With damp hands, fold over the sides of the tortilla and roll up.
12. Place on a baking sheet flap-side down.
13. Cover with foil and bake in a preheated 350(F) oven for 10-15 minutes. For a more crispy exterior, cook over medium heat on the stovetop in a non-stick skillet until golden.
14. Serve with guacamole and your favorite hot sauce! (Betty's favorite is Tapatio!)
15. For a deliciously different vibe, try grilling your burritos!