

BUFFALO BURRITOS

Buffalo meat is leaner and tastes as good or better than lean ground beef. TRY IT! Most store carry it now.

PREHEAT: toaster oven, 350 degrees Fahrenheit

Burner, medium heat

PAN: toaster over pan

large frying pan

- 1 pound ground buffalo meat
- 2 cloves garlic, minced
- 1 tablespoon parsley, dried or 3 tablespoons fresh
- 1/2 small red onion, finely chopped

Place meat, garlic, parsley and red onion in frying pan. Gently cook until all the meat is brown.

- 1 cup salsa, mild (better without green peppers)
- Stir into browned meat mixture until it is saturated throughout. The excess liquid should cook off so the texture is not runny, but not dry.

- 4 medium size tortillas, whole-grain
 - 1 cup shredded mozzarella cheese, low-fat
- Spoon the meat mixture into the center of the tortilla. Sprinkle the cheese over the top. Fold and roll up burrito style. Place into toaster oven. Warm through. Serve.

OPTIONS: Place one green olive on top with a toothpick.

Add 1/2 cup sliced mushrooms to meat.

Add 1/2 cup cooked black beans to meat.

Replace ground buffalo meat with lean ground beef, chicken, turkey or lamb.

5+ COLORS: brown, white, green, red, tan (+black)

FOOD CIRCLES: beef, vegetables, fruit, dairy, grains (+ legumes, poultry, lamb)

Number of Servings: 3-5

Serve With: salad, fresh fruit, water

Comment: "My kids and their freinds loved them. They were all very surprised to learn they were eating buffalo meat!" (mother of two)

GROCERY LIST

Buffalo meat, ground

Garlic

Parsley, fresh or dried
Red onion
Salsa, mild
Mozzarella cheese, low-fat
Tortillas, medium size, whole-grain
OPTIONS: green olives
mushrooms
black beans
beef, lean ground, organic
chicken, ground, organic
turkey, ground, organic
lamb, ground, organic