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Barbecued Chicken Burritos

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Ingredients

- 2 pounds chicken, precooked rotisserie, no skin, removed from bone, shredded
- 1/2 cup(s) barbecue sauce
- 1 cup(s) beans, black, rinsed
- 1/2 cup(s) corn, frozen, thawed, or canned corn, drained
- 1/4 cup(s) sour cream, reduced-fat
- 4 piece(s) lettuce, romaine, leaves
- 4 medium tortilla(s), flour, whole-wheat, 10-inch
- 2 large lime(s), cut into wedges

Preparation

1. Place a large nonstick skillet over medium-high heat. Add chicken, barbecue sauce, beans, corn and sour cream; stir to combine. Cook until hot, 4 to 5 minutes.

2. Assemble the wraps by placing a lettuce leaf in the center of each tortilla and topping with one-fourth of the chicken mixture; roll as you would a burrito.

3. Slice in half diagonally and serve warm, with lime wedges.