Sara's Winter Burritos

2 Tbsp olive oil
1 onion – diced
3 cups grated root vegetables (carrots, sweet potatoes, rutabagas, turnips, celeriac, parsnips, etc.)
4 kale or chard leaves - chopped
2 cups cooked black beans
whole wheat tortillas
salsa
avocado (optional)
cheddar cheese (optional)
sour cream (optional)

• In a large skillet heat oil then add onion and saute for about 5 minutes over medium high heat until translucent.
• Add grated root vegetables and saute (stirring to prevent sticking) until just beginning to get slightly soft (about 5-10 minutes).
• Add kale or chard and saute till greens are cooked (about 5 minutes)
• Add black beans and heat thru (only a couple of minutes).
• Serve with Tortillas and toppings.

Variation: Instead of serving with tortillas you can serve it over a whole grain such as rice, barley, quinoa, or bulgar wheat.

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