

Kids In The Kitchen

Fostering Academics Through Good Nutrition

(NAPSA)—Now that school is in session, kids need to concentrate on their studies. One of the best ways to help children do that is by making sure they have a lesson in good nutrition.

Parents can encourage youngsters to eat well by teaching them about hearty, good-for-them meals that are easy to create—either after school or for a family dinner. Beans, a staple of Tex-Mex cuisine, are a nutritional powerhouse, packed with protein and fiber yet low in fat. They readily serve as a terrific building block for kid-friendly meals that the whole family can enjoy.

Another benefit of dishes from south-of-the-border is the emphasis on fresh vegetables. Whether accompanied by Goya Pinto Beans or wrapped in a Goya Corn Tortilla, red peppers, mushrooms and onions are an exceptional part of a child's diet. For additional recipe ideas, visit www.goya.com.

Bean Burritos

Satisfying, meatless version of the Tex-Mex favorite. Add chicken or shredded meat if you like.

6 10-inch Goya Flour Tortillas

1 Tbsp. Goya Olive Oil

½ tsp. Goya Minced Garlic or 1 clove garlic, minced

1 can (15.5 oz.) Goya Pinto Beans, undrained, mashed

¾ cup chopped scallion



Children are more likely to enjoy family meals when they've had a hand in creating them.

4 oz. shredded cheddar cheese
Goya Salsita, for garnish

1. Preheat oven to 350°F. Wrap tortillas in foil but don't put them in the oven yet.

2. Heat oil in skillet on medium, add garlic and cook for 30 seconds.

3. Add the mashed beans and cook until they are hot. Place the flour tortillas in the oven and heat for about 10 minutes or until they are very warm.

4. Distribute the bean mixture, scallion and cheese evenly among the tortillas and roll up. Serve with salsa on the side.

Makes 6 burritos