Recipe idea - burritos

2 cups cooked, mashed pinto beans
1 ½ cups grated cheese
2 cups chopped lettuce
2 tomatoes, diced
8 flour tortillas

1. Place mashed, cooked beans in pan. Heat until beans bubble. Stir every few minutes. If too thick, add water.
2. Place 1/4 cup beans on each flour tortilla.
3. Sprinkle beans with cheese, lettuce and tomatoes.
4. Roll up the filled tortilla.

You can add cooked ground beef, turkey or chicken. Try it with salsa! Serves 4 to 6 people.
What is iron?
Iron is part of your blood. It carries oxygen in your body.

Who needs iron?
Everyone needs iron, but pregnant women and young children need more iron.

How can you get more iron?
• Eat foods with lots of iron every day.
• Eat a vitamin C food at the same time you eat an iron-rich food. The vitamin C helps your body use the iron.

Foods with lots of iron:
Mark the ones you will eat.
- Hamburger and other red meat
- Liver and liverwurst
- Chicken and turkey
- Salmon and tuna
- Beans like pinto, kidney, black beans or lentils
- Peanut butter and peanuts
- Whole grain or enriched bread, cereal and noodles
- Greens like spinach, mustard, turnip or kale
- Raisins, dried apricots and prunes

Foods with lots of Vitamin C:
Mark the ones you will eat.
- Oranges and orange juice
- Broccoli
- Snow peas
- Cantaloupe
- Green and red peppers
- Chili peppers
- Strawberries
- Cabbage
- Tomatoes
- WIC juices