

MELISSA'S POTATO & SPINACH BURRITO

Inspired by Big Truck Tacos, Oklahoma City. Hearty and delicious. Makes about 5 larger burritos, or 8 or 9 smaller ones. They freeze well; wrap each one in plastic wrap and then put them all in a gallon-size freezer bag. Don't worry about exact amounts of each item.

Ingredients:

- Two large potatoes, cut in bite-sized chunks and either boiled or roasted
- 1 bag or small bin of Spinach
- 1 can vegetarian fat-free refried beans
- Whole wheat tortillas, burrito size, or smaller corn tortillas
- 1-2 Tbs taco seasoning (watch for high salt) or 1 tsp each cumin and chili powder
- Salsa verde
- Avocado, mashed or sliced for topping
- Optional toppings: halved baby tomatoes, black olives, cashew queso sauce

Instructions:

- Boil or roast the diced potatoes until fork-tender. I make ahead by boiling them.
- Prepare the spinach from fresh, put a heaping bowl of fresh baby spinach in the microwave for a minute until it cooks down. Pat dry with a paper towel and snip a few times with kitchen scissors. Alternatively, use frozen chopped spinach squeezed dry.
- Empty the can of refried beans into a bowl and adding a splash of non-dairy milk to make them creamy if needed. Add taco seasoning and combine well.
- Smear 1/5 of refried bean mixture down the middle of the tortilla, add two rows of potatoes, then top with spinach. Fold over and overlap the tortilla so they overlap and hold in the ingredients.
- Carefully place each folded burrito seam-side down in a dry, hot non-stick pan or on a nonstick griddle for a few minutes on medium-high heat to lightly brown each side; this seals the burrito and adds flavor. I use a griddle so I can brown them all at once.
- If the potatoes were cold to start, warm burrito briefly in the microwave before serving
- Serve with salsa verde and sliced or smashed avocado on top, or try optional toppings like tomatoes, jarred jalapenos and olives. Pair with sweetcorn or rice.

