Brisk Bean Burrito

1 whole wheat tortilla
2 spoonful’s of cooked beans
2 spoonful’s of cooked brown rice
1 spoonful diced tomatoes/salsa
½ sliced avocado
1 spoonful cheese sauce
Season to taste

Drain beans and heat in saucepan with a little olive oil and salt. Heat tortilla and spread cheese sauce over it then add beans, rice, salsa/tomatoes, and avocado. Roll and serve.