



INGREDIENTS

- 8 Tortilla, Soft, Flour (enriched or whole grain rich; about 6” each)
- 16 Ounce Can Refried Beans
- 10 Ounces Honduran Queso Seco or Cotija Cheese
- Honduran Sour Cream

DIRECTIONS

1. Warm the tortillas.
2. Divide refried beans evenly onto each tortilla.
3. Add 1¼ ounces of cheese on each and top with sour cream.
4. Fold the tortilla, and enjoy a classic baleada!

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

8 Baleadas

PORTION SIZES

Toddler: ¼ Baleada
Preschool: ¼ Baleada
School Age: ½ Baleada
Adult: 1 Baleada