

RECIPE

Black Bean Wrap

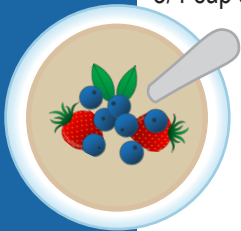
Start to Finish: 5 minutes Servings: 6

Ingredients:

- 1 1/2 cups canned black beans, rinsed and drained
- 1 1/2 cups frozen corn kernels, thawed
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons chopped green chili peppers
- 4 green onions, diced
- 1 tomato, diced
- 1 tablespoon chopped garlic
- 6 fat-free whole-grain tortillas
- 3/4 cup shredded cheddar cheese
- 3/4 cup salsa

Directions:

1. In a microwave-safe bowl, add the black beans, corn, cilantro, chili peppers, onions, tomato and garlic. Stir to mix evenly. Microwave on high power for 30 seconds to 1 minute. Stir and heat again for 30 seconds to 1 minute. Repeat until the mixture is hot.
2. Place 2 tortillas between paper napkins or paper towels and warm in the microwave for 20 seconds on high. Repeat with the remaining tortillas.
3. To serve, place about 1/2 cup bean mixture on 1 tortilla. Top with 2 tablespoons cheese and 2 tablespoons salsa. Fold in the sides and fold the bottom of the tortilla up over the filling, then roll to close. Repeat with the remaining tortillas and serve immediately.



Nutrition Information Per Serving:

395 Calories; 11 g Total Fat; 6 g Saturated Fat; 2 g Monosaturated Fat;
15 mg Cholesterol; 12 g Fiber; 752 mg Sodium; 58 g Carbohydrates; 16 g Protein