

Black Bean Wrap



Ingredients

1 can black beans, rinsed and drained 1 Tbsp garlic, minced
1 1/2 cups frozen corn kernels, 6 whole wheat tortillas, 10 inch
thawed diameter
3 Tbsp fresh cilantro, chopped 3/4 cup salsa
2 Tbsp green chili peppers, chopped
4 green onions, diced
1 tomato, chopped

Instructions

In a skillet, sauté the black beans, corn, cilantro, chili peppers, onions, tomato and garlic until heated through. Place 2 tortillas between paper towels and warm in the microwave for 20 seconds on high. Repeat with the remaining tortillas. To serve, place about 1/2 cup bean mixture on 1 tortilla. Top with 2 Tbsp 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.

Nutrition Information Per Serving

Serves 6
Calories: 368
Fat: 4 gm
Saturated Fat: 2 gm
Sodium: 600 mg
Fiber: 7 gm
Carbohydrates: 67 gm
Protein: 16 gm
Cholesterol: 5 mg