

Vegetable Avocado Wrap



Ingredients

1 red bell pepper, seeded and sliced	juice from 1 lime
1 yellow pepper, seeded and sliced	1/2 cup fresh cilantro, chopped
1 onion, sliced	1 tsp chili powder (optional)
1 can black beans, drained and rinsed (15 oz)	4 8 inch whole-wheat tortillas
1 tsp olive oil	8 Tbsp salsa
1 avocado, peeled and diced	

Instructions

Instructions: In a nonstick pan, sauté the peppers and onion in the olive oil for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes, then set aside. In a small bowl, combine the avocado, lime juice, cilantro, and chili powder. Reserve half of the mixture for topping. Warm tortillas in the microwave or in a pan on the stovetop. Fill a warmed tortilla with 1/4 bean mixture and 1/4 avocado mixture. Drizzle 2 tablespoons of salsa over the bean and avocado mixture. Fold ends of tortilla over. Roll up to make wraps. Top the veggie wraps with remaining avocado mixture.

Nutrition Information Per Serving

Serves 4

Calories: 300

Fat: 5 gm

Sodium: 318 mg

Fiber: 14 gm

Carbohydrates: 66 gm

Protein: 16 gm

Cholesterol: 5 gm