

## Ingredients

|  |                                     |
|--|-------------------------------------|
| 4 cans black beans, rinsed and drained (15 oz) | 1/4 cup lime juice                  |
| 3 Tbsp olive oil                               | 1/4 cup fresh cilantro, chopped     |
| 2 Tbsp cumin                                   | 12 Ezekiel Sprouted Grain Tortillas |
| 1 tsp chili powder                             | 6 Roma tomatoes, chopped            |
| 1 Tbsp taco seasoning                          | 6 cups Romaine lettuce, chopped     |
| 6 ripe avocados                                | 1 jar favorite salsa                |

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## Instructions

With a potato masher or fork, mash together beans, olive oil, cumin, chili powder and taco seasoning. Chop avocados and mix with lime juice and cilantro.

On whole wheat tortilla, spread a layer of the avocado mixture and then a layer of the bean mixture. Top with Romaine lettuce, tomato and salsa.

Wrap and serve

## Nutrition Information Per Serving

Serving Size: 1 wrap

12 servings

Calories: 420

Fat: 20 gm

Sodium: 220 mg

Fiber: 17 gm

Carbohydrates: 52 gm

Protein: 14 gm

Sugar: 2 gm