

# Bean Spread

## Ingredients

- |                                    |                  |
|------------------------------------|------------------|
| 1 can unsalted black beans, rinsed | 1/2 cup salsa    |
| 2 Tbsp. lime juice                 | 2 Tbsp. cilantro |
| 1/4 tsp ground cumin               |                  |

To make wraps add: sprouted wraps, lettuce, onion, avocado, cherry tomatoes, or jalapeno pepper

## Instructions

1. Place half of the beans, lime juice, cumin, and cilantro in a food processor to blend cilantro.
2. Add remaining beans and salsa and pulse to blend slightly.
3. Serve warm or cold.

## Kitchen Classroom

Cilantro is the name given to the leaves of the coriander plant. Initially, the coriander plant has leaves like parsley. When the plant produces a stalk on which flowers will grow, the leaves are no longer as tasty.

When used in cooking, the leaves should be added in the last few minutes so they don't lose their flavor.

It doesn't stay fresh very long or dry well, so freezing is the best option. You can pack clean, dry leaves into ice cube trays, cover them with water, then freeze them, sealing the cubes in plastic bags when they're ready.

## Nutrition Information per serving

**Serving Size:** 1 Tbsp.

**Calories:** 17

**Fat:** 0 gm

**Sodium:** 53 mg

**Fiber:** 1 gm

**Carbohydrates:** 3 gm

**Protein:** 11 gm

(nutrition information on bean spread only)

