

Ingredients

2 cans black beans, rinsed and drained (15 oz)	1/8 cup lime juice
1 1/2 Tbsp olive oil	1/8 cup fresh cilantro, chopped
1 Tbsp cumin	6 Ezekiel Sprouted Grain Tortillas
1/2 tsp chili powder	3 Roma tomatoes, chopped
1 1/2 tsp taco seasoning	3 cups Romaine lettuce, chopped
3 ripe avocados	1 jar favorite salsa

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

6 servings

Calories: 420

Fat: 20 gm

Sodium: 220 mg

Fiber: 17 gm

Carbohydrates: 52 gm

Protein: 14 gm

Sugar: 2 gm