



## Taco Salad Wrap

Serves: 12 wraps

amount	unit	Ingredients:
4	cans	black beans, 15 oz can, rinsed and drained
3	Tbsp	olive oil
2	Tbsp	cumin
1	tsp	chili powder
1	Tbsp	taco seasoning
6	each	ripe avocado
0.25	cup	lime juice
0.25	cup	fresh cilantro, chopped
12	each	Ezekiel Sprouted Grain Tortillas
6	each	roma tomatoes, chopped
6	cups	Romaine lettuce, chopped
1	jar	salsa

### Directions:

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, tomatoes, and salsa.

Wrap and serve.

### Nutritional Information:

Calories: 420; Carbohydrates: 52g; Fiber: 17g; Sugar: 2g; Protein: 14g; Fat: 20g; Saturated fat: 2.5g; Cholesterol: 0mg; Sodium: 220mg