



Veggie Bean Wrap

Ingredients

- | | |
|--|--------------------------------------|
| 2 green or red bell peppers,
seeded and chopped | 2 mangos, chopped
juice of 1 lime |
| 1 onion, peeled and sliced | ½ cup chopped fresh cilantro |
| 1 (15-ounce) can 50% less salt/
sodium black beans, drained
and rinsed | 1 avocado, peeled and diced |
| | 4 10-inch fat free flour tortillas |

Preparation

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans and stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve ½ mixture for topping.
3. Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture. Serve.

Fresh mangos and avocado give this meal a tasty twist.

Makes 4 servings. 1 wrap per serving.

Prep time: 15 minutes

Cook time: 10 minutes

Nutrition information per serving:

Calories 451, Carbohydrate 82 g, Dietary Fiber 22 g, Protein 16 g, Total Fat 10 g,
Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 302 mg