BLACK BEAN WRAP

This dish will taste good with canned beans of any kind!

Just Say Yes
To Fruits & Vegetables

www.foodbankst.org/jsy
BLACK BEAN WRAP
SERVES 4 • SERVING: 1 MEDIUM SIZED BURRITO

INGREDIENTS:
• 2 cups canned black beans, rinsed and drained
• 1 cup low-fat shredded cheese
• ½ cup salsa
• ½ cup cooked brown or white rice
• 1½ cups shredded lettuce
• 4 medium flour tortillas
• Salt and pepper, to taste

DIRECTIONS:
1. In a medium bowl, combine black beans, cheese, salsa and rice.

2. Top each tortilla with 3/4 cup of the black bean mixture and some lettuce.

3. Roll up tortillas and slice in half to serve.

4. Add avocados, hot sauce, or fat-free sour cream for extra flavor.

5. Refrigerate leftovers.

For more great recipes visit www.foodbankst.org/jsy

Recipe provided in partnership by the Food Bank’s Just Say Yes to Fruits & Vegetables Program as funded through the USDA’s Supplemental Nutrition Assistance Program – SNAP.