

# BLACK BEAN WRAP

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



**food**  
**bank**  
of the Southern Tier

*Just Say Yes*  
To Fruits & Vegetables  
[www.foodbankst.org/jsy](http://www.foodbankst.org/jsy)



**FIDELIS CARE**

## **BLACK BEAN WRAP**

**SERVES 4 • SERVING: 1 MEDIUM SIZED BURRITO**

*Just Say Yes*  
To Fruits & Vegetables

### **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 ¾ 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](http://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.