



Black Bean Wraps

1/2 cup canned black beans, rinsed and drained
1 1/2 cups frozen corn kernels, thawed
3 tablespoons chopped fresh cilantro
2 tablespoons chopped green chili peppers
4 green onions, diced
1 tomato, diced
1 tablespoon garlic, chopped
6 fat-free whole-grain tortillas, 10 inches in diameter
3/4 cup shredded cheddar cheese
3/4 cup salsa

In a microwave-safe bowl, add the black beans, corn, cilantro, chili peppers, onions, tomato and garlic. Stir and microwave on high for 1 minute. Stir and heat again for 1 minute. Repeat until the mixture is hot.

Heat the tortillas 2 at a time by placing between paper towels and warming in the microwave for 20 seconds on high.

Place 1/2 cup bean mixture on each tortilla. Top with 2 tablespoons cheese and 2 tablespoons salsa. Fold in the sides and bottom of the tortillas over the filling, then roll to close. Makes 6 servings.

Nutrition information per serving: 368 calories, 16 grams protein, 4 grams fat, 67 grams carbohydrate, 800 mg sodium.

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