

# Black Bean Wrap

Just Say Yes to Fruits and Vegetables

*This hearty wrap is perfect for lunch or dinner.*



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## Black Bean Wrap

Serves 4 • Serving: 1 medium sized burrito

*Just Say Yes* to Fruits and Vegetables

*This dish will taste good with canned or dried beans.*

### Ingredients:

- 2 cups cooked and drained black beans
- 1 cup low-fat shredded cheese
- $\frac{2}{3}$  cup salsa
- $\frac{1}{2}$  cup cooked brown or white rice
- $1\frac{1}{2}$  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  $\frac{3}{4}$  cup of the black bean mixture and some lettuce.
3. Roll up tortillas and slice in half to serve.
4. Refrigerate leftovers.