

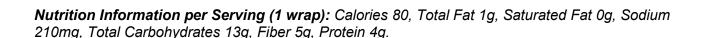


Black Bean and Veggie Lettuce Wraps

8 servings

Nutrients provided by various protein foods can differ. Varying your protein food choices can provide your body with a range of nutrients designed to keep your body functioning well. Beans provide protein in this recipe.

- 1 cup low sodium black beans, drained and rinsed
- ½ cup red pepper, scrubbed with clean vegetable brush under running water and diced
- ½ cup onion, scrubbed with clean vegetable brush under running water and diced
- ½ cup corn, fresh, canned, or frozen
- 1 Tablespoon cilantro, gently rubbed under cold running water and chopped
- 2 Tablespoons green onion, gently rubbed under cold running water and diced
- ¼ cup Southwestern style salad dressing
- 8 Bibb or Romaine lettuce leaves, gently rubbed under cold running water
- ¼ cup carrots, scrubbed with clean vegetable brush under running water and shredded
- 1. Wash hands with soap and water.
- 2. In a medium bowl, combine black beans, red pepper, onion, corn, cilantro, and green onion.
- 3. Add salad dressing to bean mixture. Mix gently.
- 4. Place lettuce leaves on a plate or serving dish. Spoon bean mixture into lettuce leaves. Top with shredded carrots.
- 5. Store leftovers in a sealed container in the refrigerator for up to four days.





This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.







