

Black Bean and Veggie Lettuce Wraps

8 servings

Choose fish, nuts, and seeds a couple of times a week in place of meat because they contain healthy oils that are good for us.



- 1 cup low sodium black beans, drained and rinsed
- 1/2 cup red pepper, scrubbed with clean vegetable brush under running water and diced
- 1/2 cup onion, scrubbed with clean vegetable brush under running water and diced
- 1/2 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
- 1/4 cup Southwestern style salad dressing
- 8 Bibb or Romaine lettuce leaves, gently rubbed under cold running water
- 1/4 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 the black bean mixture into lettuce leaves. Top with shredded carrots.

Nutrition Information per Serving: (1/8 of recipe) Calories 80, Total Fat 1 g, Saturated Fat 0 g, Sodium 210 mg, Total Carbohydrate 13 g, Dietary Fiber 5 g, Protein 4 g.