

maria's veggie wrap



National Heart, Lung,
and Blood Institute

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Ingredients

1 medium red bell pepper,
seeded and sliced

1 medium yellow pepper,
seeded and sliced

1 onion, sliced

1 teaspoon canola oil

1 15-ounce can low-sodium
black beans, drained and rinsed

1/2 avocado, peeled and diced
juice from 1 lime

1/2 cup chopped fresh cilantro

1 teaspoon chili powder
(optional)

1 cup fat-free sour cream

4 8-inch whole-wheat tortillas

8 tablespoons pico de gallo
(See separate recipe card for
details.)

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1. In a nonstick pan, sauté the peppers and onion in the canola oil for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes, then set aside.
2. In a small bowl, combine the avocado, lime juice, cilantro, and chili powder. Reserve half of the mixture for topping.
3. Add sour cream to beans and mix well.
4. Warm tortillas in the microwave or in a pan on the stovetop.
5. Fill a warmed tortilla with 1/4 bean mixture and 1/4 avocado mixture. Drizzle 2 tablespoons of salsa over the bean and avocado mixture.
6. Fold ends of the tortilla over. Roll up to make wraps. Top the veggie wraps with remaining avocado mixture. Follow this process for three other wraps.

Yield 4 servings, **Serving Size** 1 wrap, **Calories** 367, **Total Fat** 6g,
Saturated Fat 1g, **Cholesterol** 5mg, **Sodium** 318mg, **Total Fiber** 14g,
Protein 16g, **Carbohydrates** 66g, **Potassium** 976mg