

DASH EATING PLAN

Maria's Veggie Wrap

With Fresh Salsa

HEALTHY EATING, PROVEN RESULTS

This tasty wrap—chock-full of yummy beans and vegetables—is a great source of fiber. Try it with Rainbow Fruit Salad and low-fat Greek yogurt.

Delicious heart healthy recipes are as good for your heart as they are for your taste buds! The [Heart Healthy Eating webpage \(healthyeating.nhlbi.nih.gov\)](http://healthyeating.nhlbi.nih.gov) features this recipe and more than 100 others created for the National Heart, Lung, and Blood Institute (NHLBI). Along with heart healthy recipes from cuisines around the world, there is plenty of information about food shopping, cooking, and eating healthfully for the entire family.

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



National Heart, Lung, and Blood Institute

Maria's Veggie Wrap With Fresh Salsa

Number of servings from each DASH Food Group in the suggested meal featuring this recipe

1
Grains

1¼
Vegetables

1
Fruits

1¼
Dairy

0
Meats, Fish, and Poultry

1
Nuts, Seeds, and Legumes

¼
Fats and Oils

1
Sweets and Added Sugars

INGREDIENTS

FOR SALSA:

6 tomatoes, preferably Roma (or 3 large tomatoes), diced
½ medium onion, finely chopped
1 clove garlic, finely minced
2 serrano or jalapeño peppers, finely chopped
3 tbsp fresh cilantro, chopped
Juice of 1 lime
⅓ tsp oregano, finely crushed
⅓ tsp salt
⅓ tsp ground black pepper
½ avocado (black skin), peeled and diced

FOR WRAPS:

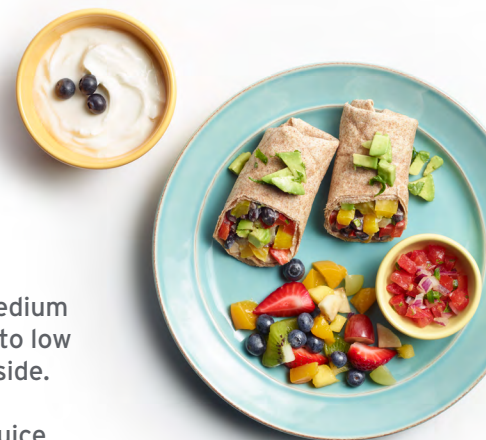
1 medium red bell pepper, seeded and sliced
1 medium yellow pepper, seeded and sliced
1 onion, sliced
1 tsp canola oil
½ avocado, peeled and diced
Juice from 1 lime
½ cup chopped fresh cilantro
1 tsp chili powder (optional)
1 cup fat-free sour cream
1 can (15 ½ oz) low-sodium black beans, drained and rinsed
4 (8-inch) whole wheat tortillas
8 tbsp Fresh Salsa

DIRECTIONS

- 1 For salsa, combine all of the ingredients in a glass or stainless steel bowl. Serve immediately, or refrigerate and serve within 4 or 5 hours.
- 2 In a nonstick pan, sauté the peppers and onion in the canola oil for 5 minutes over medium heat. Add beans, and stir well. Reduce heat to low and simmer for about 5 minutes, then set aside.
- 3 In a small bowl, combine the avocado, lime juice, cilantro, and chili powder. Reserve half of the mixture for topping.
- 4 Add sour cream to beans, and mix well.
- 5 Warm tortillas in the microwave or in a pan on the stovetop.
- 6 Fill a warmed tortilla with ¼ bean mixture and ¼ avocado mixture. Drizzle 2 tbsp of salsa over the bean and avocado mixture. Fold ends of the tortilla over, and roll up to make wraps.
- 7 Top the veggie wraps with remaining avocado mixture. Follow this process for the three other wraps.

MAKES 4 SERVINGS

Each serving provides 367 calories, 6g total fat, 1g saturated fat, 5mg cholesterol, 318mg sodium, 16g protein, 66g carbohydrates, 976mg potassium, 14g total fiber



Prep time
15 minutes

Cook time
15 minutes

Yields
4 servings

Serving Size
1 wrap
½ cup salsa

TIP Try pairing the veggie wrap with Rainbow Fruit Salad and low-fat Greek yogurt.