



Veggie-Bean Wrap

Ingredients:

- 2 green, red, or yellow bell peppers, seeded and chopped
- 1 onion, peeled and sliced
- 1 15-oz. can low-sodium black beans, drained and rinsed
- 2 mangos, chopped (may substitute tomatoes, peaches, or other fruit)
- Juice of 1 lime
- ½ cup chopped fresh cilantro
- 1 avocado, peeled diced
- 4 8-inch whole wheat tortillas

Instructions:

- 1) In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.
- 2) In a small bowl, combine mangos (or other fruit), lime juice, cilantro, and avocado. Reserve ½ mixture for topping.
- 3) Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture.
- 4) Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

YIELD: 4 wraps

- Serve with a glass of low-fat milk and a tossed green salad.
- Offer fresh or bottled salsa for those who like a bit of extra spice.

Getting kids cooking:

- Children can squeeze the lime and combine the ingredients.
- They can also help fill and roll the tortillas into wraps.

Nutrition Analysis

Serving: 1 wrap	Total Carb: 61 g
Calories: 350	Dietary Fiber: 15 g
Total Fat: 8 g	Sodium: 580 mg
Calories from Fat: 20.5%	Protein: 11 g
Saturated Fat: 1 g	Calcium: 111 mg
Trans Fat: 0 g	Iron: 4 mg

Source:

New Hampshire DHHS DPHS
Fruit and Vegetable Program

www.dhhs.nh.gov/dphs/nhp/fruitsandveggies/documents/cookbook.pdf