

# Southwest Wrap

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Yield: 12 servings

Ingredients	Quantity	Measure
Tomato or spinach wrap, 12 inch	6	each
Black beans, canned, drained	15	ounces
Roma tomatoes, chopped	1 ½	cups
Red bell pepper, chopped	1	cup
Rotel, drained	1	can
Cilantro, fresh	2	teaspoons
Chili Powder	1	tablespoon
Garlic, fresh, chopped	2	tablespoons
Romaine lettuce, chopped	½	cup

## Preparation

1. Combine black beans, Roma tomatoes, red and green bell peppers, Rotel, cilantro, chili powder and fresh garlic.
2. Lay out wraps, spread black bean mixture, top with lettuce and roll up.
3. Cut each wrap in half or as small as needed.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 229 Total Fat: 5g Saturated Fat: 1 g Carbohydrate: 39g (6g fiber) Protein: 8g Sodium: 480 mg  
Vitamin A: 8% Vitamin C: 46% Calcium: 11% Iron: 17% Folate: 33%

