Maria's Veggie Wrap Recipe

1 red bell pepper, sliced

1 yellow pepper, sliced

1 onion, peeled and sliced

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

½ avocado, peeled and diced

juice from one lime

½ cup chopped fresh cilantro

1 teaspoon of chili powder *(optional)*

1 cup fat-free sour cream

4 8-inch, whole-wheat tortillas

1 teaspoon canola oil

6 tablespoons of fresh salsa (recipe below)

1. In a nonstick pan, saute 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 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 on the stovetop.
5. Fill a warmed tortilla with ¼ bean mixture and ¼ avocado mixture. Drizzle 2 tablespoons of salsa over the bean and avocado mixture.
6. Fold ends of the tortilla over. Roll up to make a wrap. Top the veggie wraps with remaining avocado mixture. Follow this process for three other wraps.

Fresh Salsa

6 tomatoes, preferably Roma (or 3 large tomatoes)

½ medium onion, finely chopped

1 clove garlic, finely minced

2 serrano or jalapeño peppers, finely chopped

3 tablespoons cilantro, chopped

juice of 1 lime

⅛ teaspoon oregano, finely crushed

⅛ teaspoon salt

⅛ teaspoon pepper

½ avocado (black skin), diced

1. Combine all of the ingredients in a glass bowl.
2. Serve immediately or refrigerate and serve within 4 or 5 hours.

Yield: 4 servings

Serving size: 1 wrap

Each serving provides:

Calories: 367

Total fat: 6 g

Saturated fat: 1 g

Cholesterol: 5 mg

Sodium: 318 mg

Total fiber: 14 g

Protein: 16 g

Carbohydrates: 66 g

Potassium: 976 mg