maria’s veggie wrap

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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