



Black Bean Wrap



Ingredients



- 1 cup black beans
- 1 tsp cumin
- 1 tsp coriander
- 1 Tbsp. olive oil
- 1 cup cabbage, shredded
- 1 cup carrots, shredded
- 1 avocado, sliced
- 4 flour tortillas
- Ingredients for the sauce:**
- 2 Tbsp. creamy peanut butter
- 3 Tbsp. warm water
- 2 Tbsp. lemon juice
- 1-2 garlic cloves, minced
- 1/2 tsp. salt and black pepper
- 1 tsp Sriracha sauce



Directions



1. In a skillet on low heat, add the beans, spices and olive oil. Stir and cook on low until mixed, 2-3 minutes.
2. In small bowl, mix ingredients for the sauce with a fork or whisk until creamy.
3. When ready to assemble, heat tortillas in a skillet, flipping and turning frequently, until they are warm and easy to bend.
4. Divide ingredients into each tortillas, adding the black beans first and then the veggies. Roll like a burrito.
5. Serve the sauce on side for dipping or spooning.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



This Recipe Provides



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Cooking Tips

- Additional options for wraps: cilantro, scallions, sunflower or pumpkin seeds
- Add another type of bean to switch up the flavors
- Don't like a type of veggie in the wrap? Feel free to add what you like!
- Try beans as a substitute for meat in other recipes you try at home

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Nutrition Facts



Nutrition Facts	
4 servings per container	
Serving size	1 wrap
Amount Per Serving	
Calories	660
<small>% Daily Value*</small>	
Total Fat 21g	27%
Saturated Fat 4g	20%
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 12g	
Cholesterol 0mg	0%
Sodium 850mg	37%
Total Carbohydrate 96g	35%
Dietary Fiber 17g	61%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Sugar Alcohol 0g	
Protein 23g	46%
Vitamin D 0mcg	0%
Calcium 187mg	15%
Iron 7mg	40%
Potassium 977mg	20%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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