



Black Bean Wrap



Ingredients



- 1 cup black beans
- 1 tsp cumin
- 1 tsp coriander
- 1 Tbsp olive oil
- 2 Tbsp creamy peanut butter
- 2 Tbsp lemon juice
- 1-2 garlic cloves, minced
- 1/2 tsp salt and pepper
- 1 tsp Sriracha sauce
- 1 cup cabbage, shredded
- 1 cup carrots, shredded
- 1 avocado, sliced
- 4 flour tortillas



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 all ingredients
3. Pour into individual size dipping bowls
4. When ready to assemble, heat tortillas in a skillet, flipping and turning frequently, until they are warm and easy to bend
5. Divide ingredients into each tortillas, adding the black beans first and then the veggies. Roll like a burrito.
6. Serve the sauce on side for dipping or spooning

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Fast Facts



This Recipe Provides



Protein



Vitamin B6



Fiber



Vitamin C

Cooking Tips



- 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



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Serving Size (226g)
Servings Per Container 4

Amount Per Serving
Calories 426 Calories from Fat 171

% Daily Value*

Total Fat 19g **29%**

Saturated Fat 3.8g **19%**

Trans Fat -1g

Cholesterol -1mg **0%**

Potassium 1272mg **36%**

Sodium 373mg **16%**

Total Carbohydrate 0g **0%**

Dietary Fiber 14.7g **59%**

Sugars 4.9g

Protein 15.9g **32%**

Vitamin A 99% Vitamin C 36%

Calcium 13% Iron 26%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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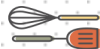


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