



December 18- Veggie Bean Dip

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/veggie-bean-wrap>

Recipe

Ingredients:

- 2 green or red bell pepper (seeded and chopped)
- 1 onion (peeled and sliced)
- 1 can black beans, 50% less salt (15 ounce, drained and rinsed)
- 2 mango (chopped)
- 1 lime, juiced
- ½ cup fresh cilantro (chopped)
- 1 avocado (peeled and diced)
- 4 flour tortillas, fat free (10 inch)

Directions:

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve ½ mixture for topping.
3. Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

Yield 4 servings

Nutrition Facts	
Serving Size 1 item (379.23g)	
Servings Per Container 4	
Amount Per Serving	
Calories 370	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 65g	22%
Dietary Fiber 13g	53%
Sugars 18g	
Protein 12g	24%
Vitamin A 30%	Vitamin C 150%
Calcium 10%	Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet.	