



December 26- Black Bean Salad and Shredded Carrot Lettuce Wrap

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/black-bean-salad-and-shredded-carrot-lettuce-wrap>

Recipe

Ingredients:

- 1 cup black beans, drained (15 ounces)
- ½ cup Red pepper, diced
- ½ cup onion, diced
- ½ cup corn, fresh or frozen
- 1 tablespoon cilantro
- 2 tablespoons green onion
- ¼ cup Southwestern salad dressing
- 8 Leaves of Bibb lettuce, washed
- 4 ounces shredded carrots

Directions:

1. Combine black beans, red pepper, onion, corn, cilantro, and green onion. Toss with salad dressing.
2. Spoon the black bean salad into lettuce cups. Top with shredded carrots.

Yield 8 servings

Nutrition Facts	
Serving Size 1 wrap (93.52g)	
Servings Per Container 8	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Sugars 3g	
Protein 3g	6%
Vitamin A 45%	Vitamin C 25%
Calcium 4%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	