December 26- Black Bean Salad and Shredded Carrot Lettuce Wrap

Smart Snack

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