



BLACK BEAN-QUESO WRAP

INGREDIENTS

- 1/2 cup chopped red sweet pepper
- 1/4 cup chopped poblano chile pepper
- 2 teaspoons canola oil
- 1/3 thinly sliced green onions
- 1/3 cup canned reduced-sodium black beans
- 1/3 cup frozen whole-kernel corn
- 2 tablespoons snipped fresh cilantro
- 2 tablespoons salsa verde
- 4 8-inch whole-wheat low-carb flour tortillas
- 1 cup shredded queso Oaxaca or Monterey Jack
- 1 Nonstick cooking spray

INSTRUCTIONS

1. Cook sweet pepper and poblano pepper in hot oil over medium heat for 3-5 min until crisp-tender. Stir in green onions. Remove from heat. Stir in beans, corn, cilantro, and salsa verde.
2. Microwave tortillas for 20-40 sec. Spoon bean mixture onto tortillas just below centers. Top with cheese. Fold bottom edge of each tortilla. Fold in opposite sides; roll up from the bottom. Lightly coat outsides of wraps with cooking spray.
3. Preheat panini press, skillet, or grill pan. Weight down with a skillet and cook for 2-3 min until toasted. Turn wraps and cook for another 2-3 min.

Cal: 290 Carbs: 28.2g Fiber: 14.2g Sugar: 3g
Recipe Reference: Eatingwell.com