

Bean and Veggie Wraps

Serves 4



What you need:

- 4 Fat-free flour tortillas (6 to 8 inch)
- 2 cups slices fresh mushrooms (5 oz)
- 1 medium onion, cut lengthwise in half, then cut crosswise into thin slices
- 1 can (15 oz) black beans, drained, rinsed
- 4 cups fresh spinach leaves
- ½ cup shredded reduced-fat Cheddar cheese

All you do:

1. Heat tortillas as directed on package.
2. Meanwhile, spray 10 inch skillet with cooking spray; heat over medium heat. Cook mushrooms and onion in skillet about 4 minutes, stirring frequently, until onion is crisp-tender. Stir in beans; heat through. Stir in spinach; remove from heat.
3. Divide bean mixture among tortillas. Sprinkle with cheese. Fold one end of each tortilla up about 1 inch over filling; fold right and left sides over folded end, overlapping. Fold remaining end down.

Nutritional Information: 270 Calories, 3.5g Fat, 16g Protein, 43g Carbohydrate, 280mg Sodium