



Heart-healthy Recipe

from Live Healthy

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Black Bean-Queso Wraps

Ingredients:

- ½ cup chopped red sweet pepper
- ¼ cup chopped poblano chile pepper
- 2 teaspoons canola oil
- ⅓ cup thinly sliced green onions
- ⅓ cup canned reduced-sodium black beans, rinsed and drained
- ⅓ cup frozen whole-kernel corn, thawed
- 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 cheese (4 ounces)
- Nonstick cooking spray

Directions:

1. In a medium skillet cook sweet pepper and poblano pepper in hot oil over medium heat for 3 to 5 minutes or until crisp-tender, stirring occasionally. Stir in green onions. Remove from heat. Stir in beans, corn, cilantro and salsa verde.
2. Place tortillas between paper towels. Microwave on 100 percent power (high) 20 to 40 seconds or until warm. Spoon bean mixture onto tortillas just below centers. Top with cheese. Fold bottom edge of each tortilla up and over filling. Fold in opposite sides; roll up from the bottom. Lightly coat outsides of wraps with cooking spray.
3. Preheat a panini press. Place wraps (half at a time, if necessary) in press. Cover and cook for 2 to 3 minutes or until tortillas are toasted and filling is heated through. (Or preheat a skillet or grill pan over medium heat. Place wraps, half at a time if necessary, in pan. Weight down with a heavy skillet and cook for 2 to 3 minutes or until wrap is toasted. Turn wraps, weight down again, and cook for 2 to 3 minutes more or until wrap is toasted and fillings are heated through.)

Nutrition Facts:

Servings: 4 Serving Size: 1 wrap
Per Serving: 233 calories; protein 17.4g; carbohydrates 28.2g; dietary fiber 14.2g; sugars 3g; fat 12g; saturated fat 0.2g; cholesterol 24.1mg; vitamin a 1161.7IU; vitamin c 34.8mg; folate 20.7mcg; calcium 212.8mg; iron 3.2mg; magnesium 8.9mg; potassium 245mg; sodium 388.2mg. Exchanges: 1½ fat, 1½ lean protein, 1½ starch, ½ vegetable

Tip:

Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.