SAUTÉED VEGGIE & BLACK BEAN WRAPS

Ingredients:
- 2 bell peppers, chopped
- 1 onion, sliced
- 1 can low sodium black beans, drained & rinsed
- 2 mangos, chopped
- 1 tbsp canola oil
- Chili powder, to taste
- Cayenne pepper, to taste
- 1 lime, juiced
- 1/2 cup fresh cilantro, chopped
- 1 avocado, peeled & diced
- 4 whole wheat flour tortillas
- 1/2 tsp salt
- Ground black pepper, to taste
- Garlic powder, to taste

Directions:
1. Heat oil in a pan then sauté bell peppers and onion with spices for 5 minutes over medium heat. Add beans and stir well. Reduce heat to low and simmer for 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, avocado, and ground black pepper.
3. Fill warmed tortillas with the sautéed vegetable and bean mixture and mango mixture.
4. Fold ends of tortillas over and roll up to make wraps. Top with remaining mango mixture.

Find more recipes and resources online at: www.gcfb.org/recipes_resources
Want to apply for SNAP Benefits?
Call the number below for assistance!

Mention Gleaners when speaking with your SNAP representative.

Scan the QR code below for more resources!

Text HEALTHYEATS to 833-956-1009 to get text alerts for classes, nutrition tips, recipes, and more!