



Black Bean & Veggie Lettuce Wraps

Yield: 5 cups

Ingredients:

- 1, 15 oz can black beans, rinsed and drained
- 1 cup frozen corn, thawed
- 1 tomato, diced
- 1 cucumber, peeled, seeded and finely chopped
- $\frac{1}{2}$ yellow or red bell pepper, finely chopped
- $\frac{1}{2}$ jalapeno, finely chopped
- $\frac{1}{2}$ cup fresh cilantro, finely chopped
- Juice of 1 or 2 limes, about $\frac{1}{4}$ cup (use the zest too)!
- 1 tsp cumin
- 1 tsp salt

Ice Berg, Romaine or Bibb Lettuce work great for the wraps

Directions:

1. Add beans to large bowl.
2. Mix in tomato, corn, cucumber, bell pepper, jalapeno and cilantro.
3. Add cumin and salt.
4. Pour lime juice over all and combine well.
5. Scoop mixture into lettuce cups. Enjoy!