

# Bean and Veggie Wraps

## Recipe of the Month March – 2015



Folic acid at 60% Daily Value! Getting plenty of folic acid, from a variety of veggies, beans and grains, is important for a healthy pregnancy.

**Prep Time:** 10 Min

**Start to Finish:** 15 Min

**Makes:** 4 servings

### INGREDIENTS

4 low-fat whole wheat tortillas or flour tortillas (6 to 8 inch)  
1 medium onion, cut lengthwise in half, then cut crosswise into thin slices  
1 can (15 oz.) black beans, drained, rinsed  
1 jar (4.5 oz.) sliced mushrooms, drained  
4 cups loosely packed fresh spinach  
1/2 cup shredded reduced-fat Cheddar cheese (2 oz.)

### DIRECTIONS

1. Heat tortillas as directed on package.
2. Meanwhile, spray 10-inch skillet with cooking spray; heat over medium heat. Add onion; cook about 3 minutes, stirring frequently, until onion is crisp-tender. Stir in beans and mushrooms; cook until heated through. Stir in spinach; remove from heat.
3. Spoon 1/4 of the bean mixture down center of each tortilla. 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.

**Recipe Provides:** Dairy 1/2c, Grains 2oz-equivalents, Meat & Beans 2oz-equivalents, Vegetables 1 1/4c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Total Fat:</b>	3 g	<b>Saturated Fat:</b>	1 g
<b>Calories:</b>	250	<b>Calories from Fat:</b>	25	<b>Carbohydrates:</b>	42 g
<b>Cholesterol:</b>	0 mg	<b>Dietary Fiber:</b>	12 g	<b>Sodium:</b>	720 mg
<b>Sugars:</b>	2 g	<b>Protein:</b>	14 g		



Recipe adapted from [www.eatbetterearly.com](http://www.eatbetterearly.com)