

Recipe of the Month

Black Bean Soft Tacos for July 2011

INGREDIENTS

- 1 can (15 oz) black beans, drained, rinsed
- 1 cup frozen whole kernel corn
- 1/2 cup Thick 'n Chunky salsa
- 4 whole wheat tortillas (8 inch)
- 2/3 cup shredded Cheddar cheese
- 1/2 cup chopped tomato
- 1/2 cup chopped fresh cilantro
- 4 lime wedges, if desired



DIRECTIONS

1. In medium microwavable bowl, microwave beans, corn and salsa uncovered on High 3 to 5 minutes, stirring halfway through cooking time, until thoroughly heated.
2. Top tortillas with bean mixture, cheese, tomato and cilantro. Squeeze juice from lime wedges over filling. Roll up tortillas tightly. **Makes:** 4 servings

Nutritional Information per Serving:

Calories 290 (Calories from fat 30); Total Fat 3½ g (Saturated fat 1 g); Cholesterol 0 mg; Sodium 600 mg; Total Carbohydrate 49 g; Dietary Fiber 12 g; Protein 15 g

