

Bean & Veggie Wrap

Ingredients

4 tortillas (6 to 8 inches)
2 cups sliced mushrooms
1 onion, cut lengthwise in half,
then cut crosswise into thin
slices

1 can (15 ounce) black beans,
drained, rinsed
4 cups spinach leaves
½ cup shredded cheddar
cheese



Directions

1. Spray 10 inch skillet with cooking spray; cook mushrooms and onion in skillet about 4 minutes over medium heat, stirring frequently, until onion is tender.
2. Stir in beans; heat through.
3. Stir in spinach; remove from

- heat.
4. Heat tortillas in oven or microwave.
5. Divide bean mixture among tortillas. Sprinkle with cheese.
6. Wrap ingredients inside of tortilla and enjoy.

Makes 4 Serving

*Nutrition information per serving:
270 Calories, 3.5g Fat, 16g Protein,
43g Carbohydrate, 280mg Sodium*