

BLACK BEAN WRAP

We bought this cookbook last summer while on holiday... it's called "*How it all Vegan*" –by Tanya Barnard and Sarah Kramer. There are several fun ideas that one won't find in a traditional cookbook... like this Black Bean Wrap. Kids will love it.

- ¼ cup re-fried black beans***
- 1 flour tortilla**
- 1/8 cup tomatoes, diced**
- 1/8 cup cucumber, sliced and quartered**
- 1 leaf lettuce and/or spinach shredded**
- 1/8 cup avocado diced**
- 1 tsp chives (or diced onion)**

Place all ingredients on the tortilla shell, sprinkling on chives to taste, wrap up and enjoy.

For a variation on the same theme try adding a hot dog... I like Super Links by Worthington Foods.

* If you are trying to watch your fat intake, Shirley's recipe doesn't use oil to refry like most store bought ones will...or use regular beans.

Shirley's Refried Beans

- 2 cups cooked black beans**
- ½ cup vegetable stock or water**
- 2 cloves garlic, minced finely**
- ½ cup cilantro, chopped**
- 1 tomato, sliced**
- ¼ tsp cayenne pepper**

Cook on medium heat for 15 minutes then mash the beans.

NutritionFacts	
per serving makes 1 servings	
Amount per serving	
Calories	214
Calories from fat	66
% Daily Value *	
Total Fat 7.3g	11%
Saturated Fat 1.3g	6%
Cholesterol 0mg	0%
Sodium 142mg	6%
Total Carbohydrate 29.7g	10%
Dietary Fiber 6.6g	26%
Protein 7.4g	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
30.8% of calories from Fat 55.4% from Carbohydrates 13.8% from Protein	