



Taco Salad Wraps

Recipe Source: www.marthastewart.com

Serves 4

Ingredients:

- 1 (15 oz) can black beans or red kidney beans, rinsed and drained well
 - 2 tsp olive oil
 - 1 tsp ground cumin
 - ¼ tsp chili powder
 - ¼ tsp salt
 - 6 (10-inch) whole wheat flour tortillas
 - 3 plum tomatoes, cut into ¼-inch dice
 - 1 ½ cups shredded purple cabbage
 - 1 avocado, cut into ¼-inch dice
 - 1 mango, cut into ¼-inch dice
 - 6 large green-leaf lettuce leaves
- Optional toppings:
- Crumbled queso fresco or crumbled cojita
 - Chopped fresh cilantro
 - Salsa or pico de gallo

Steps:

- With a potato masher or fork, mash beans, olive oil, cumin, chili powder, and salt in a medium bowl.
- Spread 2 Tablespoons bean mixture on each tortilla halfway between the center and bottom edge. Top with 1-2 Tablespoons diced tomato, and about ¼ cup shredded cabbage.
- Top wraps with 1-2 Tablespoons each avocado and mango, followed by a lettuce leaf. Sprinkle with cheese and cilantro, if using.
- Fold sides of tortilla over filling, then roll from the bottom to form a cylinder. Serve salsa on the side, if using.
- To make ahead, fill tortilla as directed, leaving the salsa on the side. Wrap the tortilla in waxed paper and tape the ends to secure until ready to eat.

Tips from the Test Kitchen: The mango adds a fun twist, so be sure to include it! You can also use pinto beans as one alternative to the black or kidney beans. The original recipe did not include shredded cabbage, but we added it to get another vegetable and more color. We preferred shredding the lettuce for inside the wrap, rather than keeping the leaves whole as directed in the recipe.

Nutritional Facts: Calories: 458, Carbohydrates: 71 grams, Protein: 14 grams, Total Fat: 15 grams, Saturated Fat: 3 grams, Cholesterol: 0 mg, Sodium: 700 mg, Fiber: 15 grams, Total Sugars: 18 grams. **Does not include optional toppings.**