



Makes 4 wraps

Preparation Time: 25 minutes

INGREDIENTS:

1 15-oz. can no-salt-added black beans, rinsed and drained

1 fresh jalapeño pepper, seeded and finely chopped (optional)

2 tablespoons lime juice

1 teaspoon chili powder

½ teaspoon ground cumin

¼ teaspoon garlic powder

4 8- to 9-inch oil-free whole wheat tortillas

½ of a medium red onion, thinly sliced (½ cup)

2 cups shredded fresh spinach

2 mangoes, seeded, peeled, and sliced

1 avocado, halved, seeded, peeled, and sliced

½ cup fresh cilantro leaves

Black Bean-Avocado Wraps

Treat your senses to this colorful, **crave-worthy** wrap that's packed full of high-energy ingredients. A hearty black bean mash provides the base for a satisfying combo of creamy avocado, sweet mango, and tangy red onion slices. Southwest flavors add a spicy kick while sprigs of cilantro brighten everything with herbal freshness. This recipe is ideal for weekday meal prep: Simply make several at a time, wrap them individually in tin foil, and store in your fridge for the perfect **grab-and-go lunch**!

By Shelli McConnell

- 1 In a medium bowl combine the first six ingredients (through garlic powder); coarsely mash with a potato masher or fork to combine.
- 2 To assemble, spread black bean mixture over bottom two-thirds of each tortilla. Top with onion, spinach, mangoes, avocado, and cilantro. Fold in sides; roll up like a burrito.