

Corn & Black Bean Cheesy Wrap

PREP TIME

10 mins

COOKING TIME

5-7 mins

TOTAL TIME

15-17 mins

SERVINGS

2

INGREDIENTS

- 1/2 cup canned black beans
- 1/2 cup frozen or canned corn
- 1/4 cup shredded mozzarella cheese
- 2 Tablespoons canned diced green chiles
- 2 Tablespoons chopped green onion (optional)
- 2 whole-wheat tortillas
- 2 Tablespoons salsa (any kind)
- 1/2 tsp of lime juice
- ground pepper, to taste
- Non-stick cooking spray



INSTRUCTIONS

1. Prep corn. Microwave frozen corn for 1-2 minutes to thaw or strain canned corn. Strain black beans, and green chiles.
2. In a bowl, mix black beans, corn, green chiles, green onions, ground pepper and lime juice.
3. Heat pan over low-medium heat.
4. Top each tortilla with 1/2 of the corn and bean mixture and 1/2 of the cheese. Add a Tablespoon of salsa to each tortilla. Fold up bottom; fold sides in to enclose filling.
5. Spray cooking spray onto pan. Place each wrap and cook for 3-4 mins on one side and 2-3 mins on the other side until golden brown.
6. Remove from heat. Cut in half and enjoy!
7. Store leftover corn and bean mixture in the fridge until ready for next wrap. Serve within 4 days.

Recipe notes: Make this a breakfast wrap by adding a scrambled egg. For a buttery taste, use frozen corn with butter sauce. For a non-vegetarian option, add some shredded cooked chicken or pork. Wraps may be served with other toppings such as sour cream and avocado (your preference). Without the addition of salsa in step 4, these wraps are also perfect for meal prepping and can be wrapped in foil and stored in the freezer for up to 2-3 months.