



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**

Santa Fe Lettuce Wraps

Servings

4 servings

Ingredients

- 1 cup canned black beans (rinsed and drained)
- ½ cup canned corn (rinsed and drained)
- 1 roma tomato (diced)
- 2 tablespoons cilantro (chopped)
- 1 tablespoon lemon juice
- ½ teaspoon chili powder
- 8 bibb lettuce leaves
- ½ cup Monterey Jack cheese
- ½ cup salsa

Directions

1. In a medium bowl, stir together the beans, corn, tomato, cilantro, lemon juice, and chili powder
2. Spoon ¼ cup of the bean mixture into the center of each lettuce cup
3. Top with Monterey Jack and salsa

Nutrient content per serving

- Calories- 148cals
- Carbs- 16g
- Protein- 9g
- Fat- 5.25g
- Sodium- 168mg
- Fiber- 4.25g



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