



A Nutrition Resource

SOUTHWESTERN LUNCH WRAPS

Yield: 8 Servings | Serving Size: 1 wrap

Cost/serving: \$0.72

Ingredients:

- 1 cup cooked pinto beans (or canned, rinsed)
- 2 cups cooked black beans (or canned, rinsed)
- 2/3 cup frozen corn (or canned, drained)
- 2/3 cup canned diced tomatoes (drained)
- 8 (8-inch) whole wheat tortillas
- 1 cup shredded cheddar or pepper jack cheese
- Optional: chili powder, minced garlic, paprika, salt, and pepper

Directions:

- 1) Preheat oven to 350°F. Place beans, corn, tomatoes, and spices (if using) in a large bowl and toss to mix. Add in cheese. Mix well.
- 2) Spoon the mixture evenly between the tortillas and roll up.
- 3) Bake for 10 minutes or until cheese is melted.

Tip: Make these wraps ahead of time and freeze until ready to use.

Adapted from USDA Mixing Bowl.

Nutrition Facts

8 servings per container
Serving size 1 wrap (199g)

Amount per serving

Calories 290

% Daily Value*

Total Fat 9g 12%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 520mg 23%

Total Carbohydrate 41g 15%

Dietary Fiber 6g 21%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 13g

Vitamin D 0mcg 0%

Calcium 208mg 15%

Iron 2mg 10%

Potassium 316mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION