



Baja Mango Black Bean Lettuce Wraps

Ingredients (Serves 4):

Nutritional Information:

Per Serving

- Calories: 234
- Protein: 11g
- Carbohydrates: 44g
- Sugar: 14g
- Total Fat: 3.9g
- Saturated Fat: 0.6g
- Sodium: 26mg
- Fiber: 13.9g
- Beta-Carotene: 3820ug
- Vitamin C: 62mg
- Calcium: 83mg
- Iron: 3.6mg
- Folate: 274ug
- Magnesium: 96mg
- Potassium: 872mg
- Zinc: 1.5mg
- Selenium: 2.7ug

- 2 cups cooked beans
- ½ large ripe avocado, peeled, pitted and mashed
- 4 cloves roasted garlic, mashed
- 1 cup sliced jicama
- 1/3 cup fresh tomatoes, chopped
- ½ medium green bell pepper, seeded and chopped
- 1 mango, diced
- 2 red radishes, diced
- 1 jalapeno pepper, diced and seeded
- 3 green onions, chopper
- 1/3 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 teaspoon ground cumin
- 1 teaspoon chipotle chili powder
- 8 large Romaine or Boston lettuce leaves

Instructions:

In a bowl, mash the bean, avocado and garlic together with a fork until well blended and only slightly chunky. Add remaining ingredients except the lettuce and mix. Place approximately ¼ cup of the mixture in the center of each lettuce leaf and roll a burrito.

This delicious recipe brought to you by: Chef Martin Oswald, www.drfulhrman.com/recipes