



COOKING: Fiesta Wraps!

KITCHEN GEAR:

- Blender or food processor
- Medium and small mixing bowl
- Mixing spoon
- Cutting board
- Knife
- Can opener
- Strainer
- Plates

INGREDIENTS:

FILLING:

- 1 can of black beans
- 1 cup of corn (canned, frozen, or fresh)
- 1 orange bell pepper (diced)
- 1tbs of olive oil
- 1tsp cumin powder
- 2tbs lime juice
- Salt to taste

SALSA:

- 4 ripe tomatoes
- Half of a large onion (or 1 small onion)
- 1 jalapeño pepper

- 2 cloves of garlic
- 1 cup of cilantro (stems are ok)
- 1/8 tsp of salt

- 2 ripe avocados
- Blue corn chips
- 1 package of whole grain tortillas

INSTRUCTIONS:

- 1. For the filling:** Dice the bell pepper, rinse canned black beans and combine with corn in a medium sized mixing bowl. Add olive oil, lime juice, cumin, and salt. Toss together.
- 2. For the salsa:** Add all ingredients to a blender or food processor and blend on high until smooth.
- 3. To make the wraps:** Lay one tortilla flat on a plate, spread ¼ of the avocado in the middle of the tortilla. Then put 1/3rd cup of filling on the tortilla and avocado. Drizzle salsa on top of the filling. Tuck the ends of the tortilla toward the middle (so that there are no holes at the end) and roll inward.
- 4. Serve with blue corn chips and enjoy!**