

# FIESTA LETTUCE WRAPS

Fiesta Lettuce Wraps

*Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium*

*Serves: 8 (Serving= 1 lettuce wrap)*

## **Nutrition (per serving)**

Total Fat: 7 g	Total Carbohydrate: 19
Saturated Fat: 1.5 g	Dietary Fiber: 6 g
Sodium: 274 mg	Calories: 151
	Protein: 8 g

## **Ingredients**

- 1 -15 ounce can black beans, drained and rinsed
  - 1 cup cooked corn
  - 20 cherry tomatoes, quartered
  - 1 cup diced chicken, cooked
  - ½ teaspoon cumin
  - ½ teaspoon chili powder
  - 1 head leaf lettuce, rinsed and separated
  - 1 avocado, diced
- Dressing*
- 2 Tablespoons extra-virgin olive oil
  - Juice of 1 lime
  - ¼ teaspoon salt
  - 2 Tablespoons cilantro, roughly chopped
  - ¼ teaspoon pepper

## Directions

1. In a medium bowl, combine the beans, corn, tomatoes, diced chicken, and seasonings.
2. In a small bowl, whisk together olive oil, lime juice, cilantro, and salt and pepper to make the dressing. Pour over bean mixture and toss to combine.
3. Spoon  $\frac{1}{2}$  cup of the mixture onto each lettuce leaf and garnish with diced avocado and additional cilantro, if desired. Wrap and enjoy!