



Red Pepper Portobello Wrap

Ingredients:

- 1 Whole wheat flour tortilla
- ½ cup shredded romaine
- ⅛ cup red bell pepper sliced into strips
- ⅛ cup yellow bell pepper sliced into strips
- ⅛ cup diced tomato
- ¼ tbsp diced red onion
- ½ small zucchini sliced into spears
- ½ tsp extra virgin olive oil
- 1 tsp balsamic vinegar
- 1 tsp fresh chopped basil
- 1 medium portabella mushroom, sliced into strips



Nutrition Facts

Serving Size 1 wrap (404g)
Servings Per Container 2

Amount Per Serving

Calories 290 **Calories from Fat** 100

% Daily Value*

Total Fat 11g **17%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 330mg **14%**

Total Carbohydrate 42g **14%**

 Dietary Fiber 9g **36%**

 Sugars 11g

Protein 8g

Vitamin A 25% • Vitamin C 120%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions:

Place first five ingredients on open tortilla. Drizzle olive oil and vinegar and add salt and pepper. Fold burrito style and slice at an angle.

Tri Bean Salad

Ingredients:

- 1 (14 oz) can black beans drained and rinsed
- 1 (14 oz) can Navy beans drain and rinsed
- 1 (14 oz) can red beans
- 1 small onion, chopped
- 1 stalk celery, chopped finely
- 3 garlic cloves, minced
- ½ cup lime juice
- ¼ tsp salt
- ⅛ tsp pepper



Nutrition Facts

Serving Size 6 oz (181g)
Servings Per Container 8

Amount Per Serving

Calories 160 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 29g **10%**

Dietary Fiber 9g **36%**

Sugars 1g

Protein 10g

Vitamin A 0% • Vitamin C 10%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions:

Mix all ingredients in large bowl. Let stand no less than one hour before serving (the longer the better the flavor soaks in).