Dinner Tonight!

Summer Fiesta Wraps

8 (10 inch) whole wheat tortillas
1 – 15 ounce can black beans, rinsed and drained
1 – 15 ounce can whole kernel corn (low sodium), drained
1/2 cup reduced-fat cheddar cheese, shredded
1/2 pound rotisserie chicken, shredded
1 green bell pepper, chopped
1/4 cup reduced-fat ranch dressing
1 teaspoon lime juice
1 teaspoon cumin
1 teaspoon cilantro

Combine all ingredients except chicken and cheese in a medium sized bowl. Stir until well mixed. Place about 1/2 cup of corn and bean mixture in tortilla. Top with 1/4 cup shredded chicken and 1 Tablespoon cheese.

Fold in both sides of tortilla and wrap tightly. Enjoy!

Preparation Time: 15
Serves: 8
Cost per serving: $1.80

Nutrition facts per serving
Calories: 280
Total Fat: 7 g
Cholesterol: 29 mg
Sodium: 538 mg
Total Carbohydrate: 33 g
Protein: 17 g
Fiber: 5 g

Serve with: avocado slices, Spanish rice and salsa