

Black Bean and Mango Salsa Lettuce Wraps

Ingredients

1-15 ounce can low sodium or no salt added black beans, rinsed and drained	1 medium jalapeno pepper, seeded and minced
1 mango, peeled, diced and core juiced	2 Tbsp red wine vinegar
1/2 small red onion, diced	1 Tbsp extra virgin olive oil
1 large red bell pepper, seeded and diced	2 Tbsp honey
	10 leaves of butter lettuce

Instructions

1. In a medium sized bowl, combine all ingredients except lettuce. Refrigerate for at least 1 hour or up to two days to marinate.
2. Arrange lettuce leaves on a large platter and fill each one with 1/4 cup of bean and mango mixture.
3. Roll up and enjoy!

Kitchen Classroom

Jalapeno peppers are a great way to add some heat to a recipe! Take caution when cutting them, as the juice from the pepper can make its way into small cuts or dry areas in the skin.

Consider wearing gloves while prepping the jalapenos and remember not to touch your face or eyes.

Wash hands thoroughly after working with jalapeno or other hot peppers.

Nutrition Information per serving

Serving Size: 5 servings, 2 lettuce leaves/serving

Calories: 150

Fat: 3 gm

Sodium: 180 mg

Fiber: 6 gm

Carbohydrates: 32 gm

Protein: 5 gm

