



Lettuce-Wrap Tacos with Black Bean and Corn

Serves 6

These tacos don't require any cooking, which makes it easy for you to put together a quick lunch and be on your way.

1 cup canned no-salt-added black beans, rinsed and drained
1/2 cup frozen whole-kernel corn, thawed
1 small Italian plum (Roma) tomato, diced
1/2 small avocado, diced
2 tablespoons snipped fresh cilantro
1 tablespoon fresh lemon juice
1/2 teaspoon chili powder
8 Bibb lettuce leaves
1/2 cup shredded low-fat Monterey Jack cheese
1/2 cup salsa (lowest sodium available)

In a small bowl, stir together the beans, corn, tomato, avocado, cilantro, lemon juice, and chili powder.

Spoon 1/4 cup bean mixture into the center of each lettuce cup. Top with the Monterey Jack and salsa. For tacos, fold the sides of the lettuce over the filling. For burritos, roll the lettuce to enclose the filling, tucking the ends in. Secure each burrito with a toothpick