

Mexican Black Bean Wrap

9 ingredients · 10 minutes · 1 serving



Directions

1. In a mixing bowl combine the coconut yogurt, taco seasoning, lime juice, and cilantro. Add the black beans, green onion, and tomatoes and stir to combine. Season the mixture with additional lime juice or salt if needed.
2. Open the pita, add the lettuce, and top with the black bean mixture. Roll the pita tightly to close. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Assemble just before serving.

Serving Size

One wrap is one serving.

Gluten-Free

Use a gluten-free pita, tortillas, gluten-free bread, or lettuce wraps instead.

More Flavor

Add fresh garlic, red pepper flakes, or hot sauce.

Additional Toppings

Salsa, avocado, cheese, or jalapenos.

No Coconut Yogurt

Use plain yogurt or Greek yogurt instead.

Ingredients

1/4 cup Unsweetened Coconut Yogurt

3/4 tsp Taco Seasoning

1 1/2 tbsps Lime Juice

1 tbsp Cilantro

1 cup Black Beans (cooked and rinsed)

1 stalk Green Onion (chopped)

1/4 cup Cherry Tomatoes (chopped)

2 leaves Romaine

1 Whole Wheat Pita

Nutrition

Amount per serving

Calories	455	Calcium	221mg
Fat	4g	Iron	7mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	1g	Thiamine	0.7mg
Monounsaturated	0g	Riboflavin	0.2mg
Carbs	87g	Niacin	3mg
Fiber	22g	Vitamin B6	0.4mg
Sugar	6g	Folate	367µg
Protein	23g	Vitamin B12	0.7µg
Cholesterol	0mg	Phosphorous	388mg
Sodium	484mg	Magnesium	180mg

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<https://www.caringforthebody.org>



Potassium	997mg	Zinc	3mg
Vitamin A	5757IU	Selenium	31µg
Vitamin C	16mg		