



Chicken Wraps with Black Bean Salsa and Pepper Jack Cheese

“On the Go Meals”

Yield: 4 servings

Serving Size: 1 tortilla

Ingredients:

- 1 2/3 cups drained and rinsed black beans (one 15-ounce can)
- 2 scallions including green tops, chopped
- 1 tablespoon lemon or lime juice
- 1/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 1 1/3 pounds boneless, skinless chicken breasts (about 4)
- 1/4 teaspoon chili powder
- 1/4 teaspoon fresh ground black pepper
- 1/2 pound pepper jack cheese, grated
- 4 large (9-inch) flour tortillas

Directions:

Preheat oven to 350° F. In a small glass or stainless-steel bowl, combine the beans, scallions, lemon juice, cumin and salt. Rub the chicken breast with chili powder and pepper. Place chicken on heated grill over moderate heat until brown, about 10 minutes on each side. Remove; let the chicken rest for a few minutes, and then slice. Put one quarter of the cheese in a line near one edge of each tortilla. Top the cheese with one quarter of the black bean salsa and then with one quarter of the chicken slices. Roll up tortillas and nest them together in a 13 x 9 baking dish. Bake until the cheese melts, about 15-20 minutes.

Make ahead: You can assemble the wraps ahead of time and bake them just before serving. If they've been in the refrigerator, add about five minutes to the baking time.

Menu suggestion: Sliced tomatoes or rice would make good side dishes.

(Each serving provides 600 calories, 210 calories from fat, 23 grams fat, 13 grams saturated fat, 150 mg cholesterol, 1360 mg sodium, 43 grams carbohydrates, 5 grams fiber, 1 gram sugar, 56 grams protein)

Source: Cornell Cooperative Extension, Columbia County