

# FIESTA LETTUCE WRAPS

*Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium*

*Serves: 8 (Serving= 1 lettuce wrap)*

## Nutrition (per serving)

Calories: 151

Total Fat: 7 g

Saturated Fat: 1.5 g

Sodium: 274 mg

Total Carbohydrate: 19 g

Dietary Fiber: 6 g

Protein: 8 g



## Ingredients

- 1 -15 ounce can black beans, drained and rinsed
- 1 cup cooked corn
- 20 cherry tomatoes, quartered
- 1 cup diced chicken, cooked

### Dressing

- 2 Tablespoons extra-virgin olive oil
- Juice of 1 lime
- 2 Tablespoons cilantro, roughly chopped

- ½ teaspoon cumin
- ½ teaspoon chili powder
- 1 head leaf lettuce, rinsed and separated
- 1 avocado, diced

- ¼ teaspoon salt
- ¼ teaspoon pepper



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## Directions

1. In a medium bowl, combine the beans, corn, tomatoes, diced chicken, and seasonings.
2. In a small bowl, whisk together olive oil, lime juice, cilantro, and salt and pepper to make the dressing. Pour over bean mixture and toss to combine.
3. Spoon ½ cup of the mixture onto each lettuce leaf and garnish with diced avocado and additional cilantro, if desired. Wrap and enjoy!