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 Carbohydrate: 19 g
Total Fat: 7 g	Dietary Fiber: 6 g
Saturated Fat: 1.5 g	Protein: 8 g
Sodium: 274 mg	

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!