

Fresh Bean Wrap (with Gluten-Free option)



Looking for a quick and tasty lunch with a minimum of ingredients? This recipe is for you!

Preparation 10 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 415

Fat 6

Carbohydrates 71

Fibre 9

Protein 24

Sodium 365

Ingredients

- 180 ml ($\frac{3}{4}$ cup) canned mixed legumes, rinsed and drained
- $\frac{1}{2}$ small tomato, about 80 ml (or $\frac{1}{3}$ cup) diced
- 2 green onions, finely chopped
- 60 ml ($\frac{1}{4}$ cup) plain Greek yogurt
- Juice of $\frac{1}{4}$ lime (or 7.5 ml / $\frac{1}{2}$ tbsp)
- 1 ml ($\frac{1}{4}$ tsp) chili powder
- Pepper and salt to taste

Preparation

1. Using a fork, mash the legumes in a soup plate.
2. Add all remaining ingredients and mix well.
3. Place the mixture in the center of the tortilla, fold two sides towards the center, then roll in the opposite direction to form a closed cylinder.
4. Enjoy with raw vegetables for lunch or dinner!

Notes

The filling can be kept for 5 days in the refrigerator and does not freeze.



Chloé Hoff-Paradis – Nutritionniste Diététiste à Sherbrooke
Registered Dietitian Nutritionist in Sherbrooke