

# Black Bean Salad and Shredded Carrot Lettuce Wrap

Rating: ★★

Makes: 8 Servings

## Ingredients

**1 cup** black beans, drained (15 oz)  
**1/2 cup** Red pepper, diced  
**1/2 cup** onion, diced  
**1/2 cup** Corn, fresh or frozen  
**1 tablespoon** cilantro  
**2 tablespoons** green onion  
**1/4 cup** Southwestern salad dressing  
**8** Leaves of Bibb lettuce, washed  
**4 ounces** shredded carrots

## Directions

1. Combine black beans, red pepper, onion, corn, cilantro, and green onion. Toss with salad dressing.
2. Spoon the black bean salad into lettuce cups. Top with shredded carrots.
3. Serve.

National Food Service Management Institute

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	80	
Total Fat	0.5 g	
Protein	4 g	
Carbohydrates	13 g	
Dietary Fiber	5 g	
Saturated Fat	NA	
Sodium	210 mg	