

Rock-n-Roll Ups

Makes: 12 or 48 servings

12 Servings

48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Tortilla, whole wheat 8"		12		48
Tomato, chopped		1 cup		4 cups
Bell pepper, red, chopped		1 cup		4 cups
Onion, chopped		1 cup		4 cups
Avocado, sliced		1 cup		4 cups
Black beans, canned		5 cups		20 cups
Salsa		1 cup		4 cups

Directions

1. Warm tortillas in microwave or on stovetop.
2. Warm salsa (if desired). Place 1 Tbsp salsa in each tortilla.
3. Mix together tomatoes, peppers, onions and black beans.
4. Place 1/2 cup mixture onto each tortilla and top with 2 slices avocado.
5. Fold up end of the tortilla. Fold in the sides.

Notes

Serving Tips:

Allow kids to make their own wraps by scooping the vegetables onto their tortilla. You can also use chicken or turkey for protein.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	209	
Total Fat	3 g	
Protein	10 g	
Carbohydrates	38 g	
Dietary Fiber	9 g	
Saturated Fat	NA	
Sodium	76 mg	