



RECIPE OF THE Month

Black Bean and Shrimp Wraps

- 1 15-oz can **low-sodium black beans** (rinsed and drained)
 - 2 tbsp **canola** or **olive oil**
 - ½ **red bell pepper**, cut into ½-inch strips
 - ½ tsp **chopped garlic**
 - ½ tsp **red pepper flakes**
 - ½ pound **medium-size uncooked shrimp**, shelled and deveined
 - 2 cups **fresh spinach leaves**
 - ½ cup **calcium-fortified orange juice**
 - 1 tbsp **fresh cilantro leaves**
 - 4 10-inch **whole-wheat flour tortillas**
 - ½ cup **nonfat sour cream**
- 1 Heat beans in a small saucepan over medium heat.
 - 2 Meanwhile, heat oil in a large skillet over medium heat; then cook bell pepper with garlic and red pepper flakes, about 2 minutes.
 - 3 Add shrimp, spinach and juice; stir-fry until shrimps turn pink and spinach is slightly wilted, about 2 minutes.
 - 4 Remove from heat and stir in cilantro.
 - 5 Place shrimp mixture evenly on 4 tortillas. Top each with ¼ cup of beans, roll up and serve hot with sour cream.

MAKES 4 SERVINGS.

PER SERVING: 267 calories | 22.4g protein | 8.7g fat | 59g carbs | 9.7g fiber | 726mg sodium