

Spicy Bean and Beef Burger Wrap

Makes 4 servings

Ingredients

nonstick cooking spray
12 ounces lean (90 to 95% lean) ground beef
¾ cup fat-free refried beans
⅓ cup chopped fresh cilantro
3 tablespoons chopped fresh parsley
2 medium jalapeño peppers, seeds removed and minced
1 medium avocado, pit removed and peeled

¼ teaspoon garlic powder
¼ teaspoon ground cumin
4 8-inch whole-grain tortillas, warmed according to package directions
2 cups shredded romaine lettuce
2 medium tomatoes, diced
⅓ cup shredded pepper jack cheese
1 medium lime, cut into wedges

Directions

1. Position oven rack in lower half of oven. Preheat broiler on high.
2. Coat a broiler pan with nonstick cooking spray. Set aside.

3. In a medium bowl, combine ground beef, refried beans, cilantro, parsley and jalapeños. Mix until well-combined. Shape into 4 long ovals and place on the prepared pan.

(directions continued on back)



APPETIZER OR SNACK



Directions (continued)

4. Broil for 15 to 20 minutes, until a thermometer inserted into the center of the patties reaches 165 F.
5. In a small bowl, mash avocado, garlic powder and cumin together. Spread avocado mixture on each tortilla. Then divide lettuce, tomato and cheese evenly between 4 tortillas and place a burger patty on each.
6. Roll into wraps and serve with lime wedges.

= low sodium

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Nutrition Facts

Serving Size 1 wrap (332g)
Servings Per Container 4

Amount Per Serving

Calories 400 Calories from Fat 160

% Daily Value*

Total Fat 17g 26%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 450mg 19%

Total Carbohydrate 38g 13%

Dietary Fiber 10g 40%

Sugars 2g

Protein 28g

Vitamin A 60% • Vitamin C 50%

Calcium 15% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk
Carb choices per serving: 2