



## Beef Taco Wraps

Makes 4 servings

### Ingredients:

- $\frac{3}{4}$  pound thinly sliced deli roast beef
- $\frac{1}{2}$  cup fat-free black bean dip
- 4 large (10-inch) flour tortillas
- 1 cup thinly sliced lettuce
- $\frac{3}{4}$  cup chopped tomato
- 1 cup (4 ounces) shredded reduced-fat cheese (Mexican, cheddar, etc.)
- Salsa (optional)

Directions: Remember to wash your hands.

1. Spread black bean dip evenly over one side of each tortilla. Layer deli roast beef over bean dip, leaving  $\frac{1}{2}$  inch border around edges.
2. Sprinkle equal amounts of lettuce, tomato and cheese over each tortilla.
3. Fold right and left sides to center, overlapping edges. Fold bottom edge of tortilla up over filling and roll enclosed.
4. Cut each roll in half. Serve with salsa.

Nutritional Facts per serving: Calories - 455; Fat - 15 g.; Sodium - 1,497 mg.; Carbohydrates—41 g.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Sharolyn Jackson, 785-532-2273

**Kansas State University Agricultural Experiment Station  
and Cooperative Extension Service**

K-State Research and Extension is an equal opportunity provider and employer.

