



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Black Bean Antojitos

Packed with fiber, protein, calcium, potassium, and antioxidants, black beans are one of nature's healthiest ingredients—prepare this simple dish on a busy weeknight!
Recipe from pulses.org.



INGREDIENTS

- 1 can black beans, rinsed and drained
- 1 lime, squeezed for juice
- 2 cloves garlic, minced
- 1 tsp cumin, ground
- 1 tsp coriander, ground
- pinch salt and pepper
- 1 avocado, pitted and sliced
- 3 red bell peppers, roasted and skinned
- 1 cup cheddar cheese, grated
- 8 tortillas, 10 inch, whole wheat or regular flour

INSTRUCTIONS

1. Mash beans and garlic with a potato masher. Add lime juice, cumin and ground coriander. Season with salt and pepper. Divide into 8 parts.
2. Spread 1 part of mashed bean mixture over whole tortilla. Add roasted red peppers and avocado evenly around tortilla and sprinkle with some cheddar cheese.
3. Roll up the tortilla. Wrap in plastic wrap tightly and let cool in fridge for 10 minutes to overnight.
4. Cut roll into 1 inch pieces. Enjoy as is or with a sour cream dip.



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