

Spanish Tortillas with Black Beans and Rice

Serves: 4

Ingredients

2 cups canned black beans, rinsed and drained
2 cloves garlic, minced
1 onion, chopped
½ cup water
½ tsp. chili powder, or to taste
¼ tsp. allspice
Pepper to taste
4 (9-inch) low-fat flour tortillas
½ cup white or brown rice, cooked
4 Tbsp. salsa

Coat a medium-sized, nonstick pan with cooking spray. Sauté garlic and onion until lightly browned and softened.

Add beans, water, chili powder, allspice, and pepper. Heat until hot and most of the water has been absorbed.

Heat tortillas in oven or on burner. Put rice in each tortilla, then spoon in beans, and roll up each tortilla. Serve with salsa.

Per serving: 221 calories, 38 g carbohydrates, 3 g fat, 0 mg cholesterol, 10 g protein, 9 g fiber, 327 mg sodium.