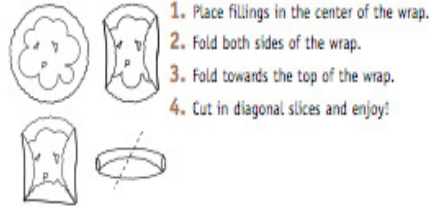


## Corn & Black Bean Wrap

- 2 ears of fresh corn, grilled
- 1 can black beans
- ¼ C. shredded Cheddar cheese
- 2 Tbs sour cream
- 2 Tbs of Salsa
- 2 whole wheat tortillas



### How to fold and roll a wrap.



1. Place fillings in the center of the wrap.
2. Fold both sides of the wrap.
3. Fold towards the top of the wrap.
4. Cut in diagonal slices and enjoy!

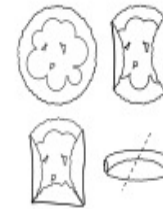
Cut grilled corn off cob, mix with black beans. Put half of mixture into one of the tortillas, top with half cheese, 1 Tbs of sour cream and 1 Tbs of salsa. Fold in each side of the tortilla, then fold up bottom and fold over, cut wrap in half. Repeat to make second wrap. Enjoy!

## Corn & Black Bean Wrap

- 2 ears of fresh corn, grilled
- 1 can black beans
- ¼ C. shredded Cheddar cheese
- 2 Tbs sour cream
- 2 Tbs of Salsa
- 2 whole wheat tortillas



### How to fold and roll a wrap.



1. Place fillings in the center of the wrap.
2. Fold both sides of the wrap.
3. Fold towards the top of the wrap.
4. Cut in diagonal slices and enjoy!

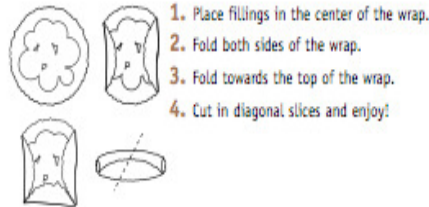
Cut grilled corn off cob, mix with black beans. Put half of mixture into one of the tortillas, top with half cheese, 1 Tbs of sour cream and 1 Tbs of salsa. Fold in each side of the tortilla, then fold up bottom and fold over, cut wrap in half. Repeat to make second wrap. Enjoy!

## Corn & Black Bean Wrap

- 2 ears of fresh corn, grilled
- 1 can black beans
- ¼ C. shredded Cheddar cheese
- 2 Tbs sour cream
- 2 Tbs of Salsa
- 2 whole wheat tortillas



### How to fold and roll a wrap.



1. Place fillings in the center of the wrap.
2. Fold both sides of the wrap.
3. Fold towards the top of the wrap.
4. Cut in diagonal slices and enjoy!

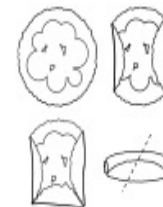
Cut grilled corn off cob, mix with black beans. Put half of mixture into one of the tortillas, top with half cheese, 1 Tbs of sour cream and 1 Tbs of salsa. Fold in each side of the tortilla, then fold up bottom and fold over, cut wrap in half. Repeat to make second wrap. Enjoy!

## Corn & Black Bean Wrap

- 2 ears of fresh corn, grilled
- 1 can black beans
- ¼ C. shredded Cheddar cheese
- 2 Tbs sour cream
- 2 Tbs of Salsa
- 2 whole wheat tortillas



### How to fold and roll a wrap.



1. Place fillings in the center of the wrap.
2. Fold both sides of the wrap.
3. Fold towards the top of the wrap.
4. Cut in diagonal slices and enjoy!

Cut grilled corn off cob, mix with black beans. Put half of mixture into one of the tortillas, top with half cheese, 1 Tbs of sour cream and 1 Tbs of salsa. Fold in each side of the tortilla, then fold up bottom and fold over, cut wrap in half. Repeat to make second wrap. Enjoy!