### Corn & Black Bean Wrap

2 ears of fresh corn, grilled 1 can black beans

1/4 C. shredded Cheddar cheese

2 Tbs sour cream

2 Tbs of Salsa

2 whole wheat tortillas

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!



### How to fold and roll a wrap.



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



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