

Black Bean Lettuce Bundles

2 cups black beans, drained and rinsed
½ green pepper, seeded and chopped
½ avocado, peeled, pitted and mashed
3 tablespoons minced onions
4-6 cherry tomatoes, quartered or ½ cup salsa
2 Tablespoons fresh lime or lemon juice
1 clove garlic, minced
1/3 cup chopped cilantro (optional)
1 teaspoon ground cumin
8 large romaine lettuce leaves

In a bowl mash the beans and avocado together with a fork until blended, but still chunky. Add all the remaining ingredients, except the lettuce and mix well.

Place approximately ¼ cup of mixture in the center of a lettuce leaf and roll up like a burrito.

Serves 4