

## CORN AND BLACK-BEAN LETTUCE BUNDLES

(EIGHT BUNDLES/ 4 SERVINGS)

1 (19 OZ CAN) UNSALTED IF AVAILABLE BLACK BEANS RINSED AND DRAINED

½ CUP CORN KERNELS

½ RED BELL PEPPERS OR SWEET PEPPERS SEEDED AND CHOPPED

4 SCALLIONS SLICED

¼ CUP CHOPPED FRESH CILANTRO (OPTIONAL)

1 TABLESPOONS FRESH LIME OR LEMON JUICE

2 TEASPOONS OLIVE OIL

1 TEASPOON GROUND CUMIN

1 GARLIC CLOVE CHOPPED

½ TEASPOON SALT (OPTIONAL) OR OTHER SEASONINGS

1 HEAD BOSTON OR BIB LETTUCE (CLEANED AND SEPARATED INTO LEAVES)

- 1) In a bowl combine the beans, corn, peppers, scallions, cilantro, lime/ lemon juice, oil, cumin, garlic and salt. Refrigerate covered 1 hour to allow flavors to blend. If doing at the last minute refrigeration can be skipped.
- 2) Place a lettuce leaf on the work surface and spoon about 1/3 cup of the mixture down the center. Fold one side of the leaf to the center and then fold the other side to overlap. Repeat making approximately 8 bundles.



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