

Mexican Lettuce Wraps

By Kathy Everett & Donna Owens



Prep time:	10 min
Cook time:	10 min
Serves:	4

Dietary Requirements:

Vegan	X	Low Carb		Gluten-Free	X	Nut-Free	X
Vegetarian	X	Sugar-Free	X	Grain-Free		Soy-Free	X

Ingredients:

- Romaine or butter lettuce leaves
- 2 cups of brown, black or cauliflower rice
- 1 can of black beans (can leave out if using the Tomato, Corn and Bean Salsa)
- 1 Recipe of Tomato, Corn and Bean Salsa (see recipe) - or store-bought salsa of choice
- 1 avocado, sliced (can substitute guacamole)

Directions:

1. Layer ingredients into a lettuce leaf and eat "taco style"

NOTES: There are many ways to vary these. Use what you have such as, diced peppers, diced zucchini, shredded carrots, etc.