



Make Ahead Lunch Wraps

Ingredients

- 2 cups uncooked brown rice**
- 4 cups water**
- 2 lb. black beans, cooked from dry**
- 1 lb. pinto beans, cooked from dry**
- 10 oz. frozen corn, drained**
- 5 oz. salt-free canned diced tomatoes**
- 5 oz. green chilies**
- 16 (10 inch) whole wheat flour tortillas**
- 1 pound shredded low fat pepperjack cheese**

Instructions

1. Combine rice and water in a saucepan, and bring to a boil. Reduce heat to low, cover, and simmer for 35 to 40 minutes, or until tender. Remove from heat, and cool.
2. Place drained and cooled black beans and pinto beans into a large bowl. Add corn and diced tomatoes with green chilies, and toss to mix. Transfer to a large bowl, and mix in rice and cheese.
3. Divide the mixture evenly among the tortillas, and roll up. Wrap individually in plastic wrap, place into a large freezer bag, and freeze. Reheat as needed in the microwave for lunch or snacks.

Nutrition Facts

Serving Size (271g)			
Servings Per Container			
Amount Per Serving			
Calories	510	Calories from Fat	50
% Daily Value *			
Total Fat	6g		9%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	390mg		16%
Total Carbohydrate	86g		29%
Dietary Fiber	21g		84%
Sugars	11g		
Protein	29g		
Vitamin A	2%	Vitamin C	10%
Calcium	25%	Iron	40%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat	9	Carbohydrate	4
		Protein	4

Source: www.allrecipes.com



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