

BRUSCHETTA WHITE BEAN WRAP



Fun Food Tip

Kate Peterson

WAC Registered Dietitian

Not only are white beans a great source of plant based protein, but one cup of beans provides about 19g of fiber! Women need 25g of fiber per day and men need 38g per day. Fiber helps to regulate hunger and blood sugars, and may even lower cholesterol.



INGREDIENTS

- 4 teaspoons olive oil
- 2 cloves garlic
- 1 cup white beans
- 1 cup grape tomatoes (halved)
- 3 tablespoons julienned basil (roughly 6 leaves)
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 2 Flatout Wraps
- 2 cups fresh baby spinach
- 1 to 2 ounces crumbled goat cheese

Makes two wraps

NUTRITION INFORMATION

Calories: 651, Sodium: 798, Fat: 18.4, Carbohydrates: 92.2,
Fiber: 18.5, Protein: 33.5, Cholesterol: 9.8

DIRECTIONS

Heat a skillet over medium-low heat. Add olive oil, followed by garlic. Fry the garlic until warm and just turning golden. Remove from heat, add white beans, and toss until well combined. Let sit for 5 minutes until oil cools.

Combine the sliced grape tomatoes with the basil and garlicky white beans in a bowl. Add in the balsamic vinegar, pepper, and salt; stir to combine.

Assemble wraps by dividing the spinach onto two wraps. Top spinach with 1/2 to 3/4 cup or so (see note) of the bean mixture, followed by a sprinkle of goat cheese. Roll, tucking the sides in as you go. Cut in half and repeat with remaining wrap.



Recipe of the Month | **MARCH**