



Touro College

Project Aspire

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The Palette Fund

Natural Gourmet Institute®

Nutrition Day@P.S.197

Healthy Whole Foods for Life-long Health

Burrito Lettuce Wraps

Serves 20



Ingredients:

1½ cups cooked short grain brown rice

1½ cups cooked black beans

1 cup yellow bell pepper, diced small

1 cup orange bell pepper, diced small

¼ cup red radish, finely chopped

¼cup scallions, thinly sliced

(1-2) avocados, roughly chopped

(2) heads Boston lettuce

½ cup of salad dressing,

Directions:

Cook and cool the rice and beans

Chop the vegetables

Combine vegetables with rice and beans. Add dressing until mixture is well coated (roughly ½ cup of dressing, more if needed)

Put ¼ cup of salad in one Boston lettuce leaf