

No Cook Quick Wraps

1 Can	Organic black beans
1 Can	Organic cut corn
1	Organic carrot - grated
1 Cup	Left over chicken or beef, diced or chopped (optional)
¼ Cup	Annie's organic Cowgirl Ranch salad dressing
Lettuce	Organic butter head or loose leaf (see substitutions below)

Instructions:

Pull off the number of leaves you want and rinse them. Spin them dry in a salad spinner or pat dry with a towel.

Open the beans and corn and pour them both into a strainer, rinse off the liquid and allow to drain for a few minutes in the sink.

Grate the carrot with the largest holes on the grater (you can peel it first if you want). Add the beans, corn, and shredded carrot to a bowl. Stir to combine.

Add the Annie's organic Cowgirl Ranch salad dressing and stir to coat all of the ingredients.

Trim off the bottom 1 ½ inches of the lettuce leaf stem. Place 2-3 tablespoons of bean/corn mixture on one side of the lettuce leaf and roll up like a burrito (or egg roll). Eating can get a little messy.

Store any left over mixture in a closed container in the refrigerator for up to 1 day.

Important:

If using left over chicken increase salad dressing to ⅓ cup.

If using left over beef consider substituting Annie's Naturals Organic Goddess Dressing

Options:

You can certainly use Pita (pocket) bread or flour tortillas.

To use Pita bread - cut the pita in half and carefully open the pocket. Place a lettuce leaf along one side of the pocket and spoon in the mixture.

To use the tortillas - lay out one tortilla on the counter, place a lettuce leaf off center to one side, spoon on the mixture. Fold up the bottom ¼ of the tortilla, then roll the tortilla starting with the section that has the mixture. Hold the folded over end down to eat.

