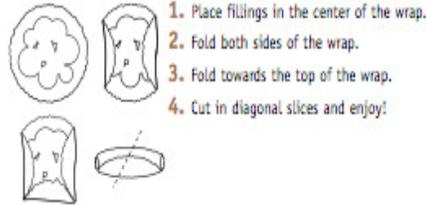


## Corn & Black Bean Wrap

- 2 ears of fresh corn, grilled
- 1 can black beans
- ¼ C. shredded Cheddar cheese
- 2 Tbs sour cream
- 2 Tbs of Salsa
- 2 whole wheat tortillas

Cut grilled corn off cob, mix with black beans. Put half of mixture into one of the tortillas, top with half cheese, 1 Tbs of sour cream and 1 Tbs of salsa. Fold in each side of the tortilla, then fold up bottom and fold over, cut wrap in half. Repeat to make second wrap. Enjoy!

### How to fold and roll a wrap.

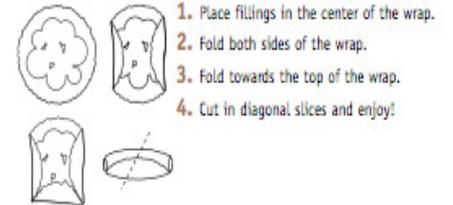


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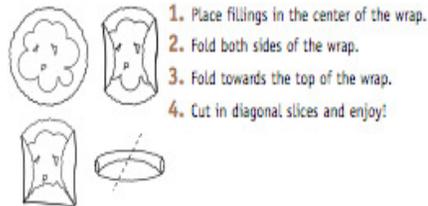


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