**Delicious and Nutritious Recipes for 4!**

**Beautiful Bean Wraps**

**Ingredients:**

4 whole wheat tortillas

1 can of mixed beans (rinsed and drained)

1-2 cups of salsa

¼ cup low fat sour cream

romaine lettuce

peppers (green, red, yellow, or orange)

mushrooms

cilantro to taste

any other vegetables you like!

**Instructions:**

1) Lay the tortillas flat. Rinse and drain the beans using a strainer and distribute them evenly among the four tortillas.

2) Spoon on the salsa and sour cream.

3) Wash and clean the lettuce, peppers, mushrooms, or any other vegetables you like. Chop up the vegetables and add them to your wrap.

4) Wrap up and enjoy!

**Awesome Apple Broccoli Salad**

**Ingredients:**2 apples (any kind)
3 cups fresh broccoli
¼ cup walnuts or other nuts
1 tbsp. chopped red onion
1/3 cup raisins
½ cup low fat vanilla yogurt
1-2 cups romaine lettuce

**Instructions:**1) Wash and chop up the apples, broccoli, and lettuce.

2) Add the rest of the ingredients together, mix and enjoy!



**Perfect Peanut Butter Bananas**

**Ingredients:**

2 bananas
4 tbsp. peanut butter (chunky or smooth)
2 tbsp. nuts or raisins

**Instructions:**
1) Cut the bananas in half lengthwise (from top to bottom).

2) Hollow out the bananas slightly with a small spoon – eat the extra! ☺

3) Spread peanut butter between the two halves of the banana.

4) Sprinkle raisins or nuts on top of the peanut butter.

5) Put the bananas back together and cut in half.

6) Enjoy! You can try warming them up in the microwave or oven too.



**How to Soak Dried Beans!**

1) Rinse and check the beans for stones or wrinkled ones the night before you are going to eat them.
2) Put the beans in a large saucepan and cover them with cold water. Soak them overnight.

3) Rinse them a couple times before you use them and they are ready to go!

OR – Quick Soak

1) Put the beans in a pot with water covering them. Boil for 2-3 minutes, remove from the heat and cover for about an hour (depending on the type of bean). The beans should double in size.