

Sweet Corn Taco Lettuce Wraps

2 15-oz. cans pinto beans, rinsed & drained (3 cups)

3 cloves garlic, minced

1 tsp. ground cumin

1 tsp. paprika

$\frac{3}{4}$ tsp. salt

$\frac{1}{2}$ tsp. dried oregano, crushed

$\frac{1}{4}$ tsp. cayenne pepper

2 ears sweet corn, shucked, kernels cut from cob (1 cup)

1 cup chopped poblano chile or any color bell pepper

1 cup chopped seeded tomato

$\frac{1}{3}$ cup slivered red onion

$\frac{1}{3}$ cup chopped fresh cilantro or Italian parsley

2 Tbsp. lime juice

1 head Boston or Bibb lettuce washed, dried, and separated

1. In a medium bowl stir together beans, garlic, cumin, paprika, $\frac{1}{2}$ tsp. of salt, the oregano, and cayenne pepper.
2. In another medium bowl combine the next 6 ingredients (through lime juice and the remaining $\frac{1}{4}$ tsp. salt
3. For each wrap, spoon $\frac{1}{4}$ cup bean mixture into lettuce leaf. Top with $\frac{1}{4}$ cup corn mixture. Drizzle with Lime Dressing & ENJOY!



Lime Dressing

1 large ripe avocado, pitted and removed from skin

2 garlic cloves, peeled

1 jalapeno pepper, seeded

½ cup cilantro leaves or Italian parsley

½ cup water

2 Tbs. lime juice

2 Tbs. apple cider vinegar

1 ½ Tbs. pure maple syrup or liquid sweetener

¼ tsp. ground cumin. I add a little more

¼ tsp. salt

Combine all ingredients in a blender or nutribullet, and process until smooth and creamy.