

South Western Wrap

Ingredients-

Flour or herbs tortillas

Rinse and drain black beans

Diced red onion

Avocado

White or sweet corn small can

Diced tomatoes

Sliced black olives

Shredded Monterey Jack Cheese

Pensey's Black Red Spice

Layer ingredients in the tortilla. Fold in edges. Edges facedown on pan. Bake 350 10-12 minutes