



Black Bean and Mango Salsa Lettuce Wraps

This Recipe Serves 5

Ingredients

1 15-oz can black beans, rinsed and drained
1 mango, peeled, diced and core juiced (1 tablespoon of juice)
½ small red onion, diced
1 medium jalapeño pepper, seeded and minced (see chef note)
1 large red bell pepper, seeded and diced
2 Tbsp red wine vinegar
1 Tbsp olive oil
one packet Splenda® no calorie sweetener
10 leaves of butter lettuce OR 20 Belgian endive lettuce

Instructions

Combine all ingredients in a medium sized bowl except lettuce. Refrigerate for at least one hour, or up to two days to marinate (the longer the better).

If using butter lettuce leaves arrange them on a large plate and fill each one with ¼ cup of salad mixture. If using the Belgian Endive lettuce leaves, arrange them on a large plate and fill each one with 1/8 cup (2 tablespoons) of salad mixture.

Alternative Serving Suggestion: Use jicama instead of lettuce for the serving vessel. Peel the jicama and slice into ¼-inch thick rounds, then slice the rounds into triangles (eighths) to resemble tortilla chips. Serve like chips and salsa using the raw jicama “chips” instead of tortilla chips.

Chef Tip: Be careful when cutting the jalapeno peppers. The seeds and veins inside the peppers are where the heat resides. Consider wearing gloves during this step and be careful not to touch your face or eyes when handling hot peppers. If jalapenos are too hot for you, substitute with a green bell pepper.

MAKE IT GLUTEN-FREE: Verify that the canned beans that you are using are gluten-free and this dish can be gluten-free.