

Southwestern Beef & Bean Wrap with Cantaloupe

Servings: 2

From

http://www.eatingwell.com/recipes/southwestern_beef_bean_burger_wraps.html

Ingredients

1/2 lb lean ground beef
1/2 cup refried beans
1/4 cup chopped fresh cilantro
1/2 tablespoon chopped jalapeno
1 avocado, peeled and pitted
1/4 cup prepared salsa
1/8 teaspoon garlic powder
2 tortillas, warmed according to package directions
1 cup shredded romaine lettuce
1/4 cup shredded cheese
1 cantaloupe, cut into wedges

Preparation

- 1) Position oven rack in upper third of oven; preheat broiler. Coat a broiler pan with cooking spray.
- 2) Gently combine ground beef, beans, cilantro and jalapenos in a medium bowl. Shape into two 5-by-2-inch oblong patties and place on the prepared pan.
- 3) Broil the patties until an instant-read thermometer inserted into the center reads 165°F, about 12 to 14 minutes.
- 4) Meanwhile, mash together avocado, salsa and garlic powder in a small bowl.
- 5) Place tortillas on a clean work surface. Spread each with the guacamole, then sprinkle with lettuce and cheese. Top each with a burger and roll into a wrap.
- 6) Serve cantaloupe on the side.