Tortilla Roll-ups
Makes 12 servings (half tortilla each)

Ingredients:
- 6 large whole wheat flour tortillas
- 1 cup shredded, reduced-fat cheddar cheese
- 1 cup mild salsa
- 1 cup black beans, drained
- 1 avocado, mashed (optional)

Directions:
1. Put the tortillas on a plate, cover with a paper towel, and microwave on high for 1 minute (optional).
2. Mix cheese, salsa, and black beans.
3. Spread a thin layer of mixture on each tortilla.
4. Top with a spoonful of avocado (optional).
5. Roll up, cut in half, and serve.

Source: Linda Earley, Cornell Cooperative Extension of Columbia County.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Half a Tortilla (101g)</th>
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</thead>
<tbody>
<tr>
<td>Amount per serving</td>
<td>Calories 180</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 4g</td>
<td>5%</td>
</tr>
<tr>
<td>Saturated Fat 2g</td>
<td>10%</td>
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<tr>
<td>Trans Fat 0g</td>
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<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
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<tr>
<td>Sodium 650mg</td>
<td>28%</td>
</tr>
<tr>
<td>Total Carbohydrate 29g</td>
<td>11%</td>
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<tr>
<td>Dietary Fiber 2g</td>
<td>7%</td>
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<tr>
<td>Total Sugars 1g</td>
<td></td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
</tr>
<tr>
<td>Protein 8g</td>
<td></td>
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</table>

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

20% calories from fat

12 inch whole wheat tortillas; chunky mild salsa; canned low sodium black beans; no avocado