

## Ham and Cheese Lettuce Wrap



### Ingredients:

- 1 15 oz. low-sodium black beans or pinto beans
- 6 oz. reduced sodium ham steak, cut into small cubes
- 4 oz. reduced-fat cheese, cubed
- 1 large avocado, cubed
- 1/4 c Greek yogurt
- 1/4 c salsa
- 1 small lime, juiced
- 2 t dried parsley or cilantro
- 1 large head Butter or Iceberg lettuce, separated into leaves

### Instructions:

1. Combine beans, ham, cheese, avocado, Greek yogurt, salsa, lime juice, and herbs. Cover. Refrigerate 1 hour or longer.
2. Divide lettuce into four servings.
3. Spoon 3/4 c of bean and meat mixture onto each lettuce leaf. Serve as a wrap.

Makes 4 servings.



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