

Be 

BrickhouseBodymind.com

**Nutritional
Information**

Total Cals - 189

Fat

5 Grams
45 Calories
24% of Total

Carbs

25 Grams
100 Calories
52% of Total

Prot

11 Grams
44 Calories
24% of Total

Black Bean Rolls

vegetarian - dinner



Ingredients

10 Whole Wheat Lasagna Noodles
1 Cup Reduced Fat Grated Cheese
1/2 of a 14 oz Container of Soft Tofu
1/2 of a 15 oz Container of Part Skim Ricotta Cheese
4 oz Can Green Chiles, drained
15 oz Can Black Beans
2 Tbsp Cilantro, chopped
2 Garlic Cloves, chopped
1/2 tsp Chili Powder
1/2 tsp Cumin
Several Splashes of Hot Sauce
Salt and Pepper to Taste
Salsa of your choice

Directions

1. Preheat oven to 350°
2. Cook noodles as directed on packaging
3. Mix all remaining ingredients in medium-sized mixing bowl
4. Use a spoon to spread black bean mixture onto one side of each noodle
5. Carefully roll each noodle from one side to the other like a sleeping bag
6. Place rolls seam side down into a baking dish (spread a bit of oil or use cooking spray to prevent sticking)
7. Bake for 25 minutes or until heated through
8. Top with salsa and a bit of cilantro

Makes 10 rolls - Serving size 1 roll

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