

**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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