

## Vegejita Wrapadilla

Total Cook Time: 30 minutes

### INGREDIENTS

#### TACO SEASONING

- 1 tablespoon chile powder
- ¼ teaspoon garlic powder
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon dried oregano
- ½ teaspoon sweet paprika
- 1 ½ teaspoons ground cumin
- 1 teaspoon table salt
- 1 teaspoon black pepper

#### WRAPADILLA

- ½ Roma tomato, cut into wedges
- 4 thin slices green bell pepper
- 4 thin slices red bell pepper
- ¼ sweet onion, thinly sliced
- ¼ teaspoon taco seasoning (see above)
- 1 ½ teaspoons extra-virgin olive oil
- ¼ cup low-sodium canned pinto beans, drained and rinsed
- One 10-inch whole-wheat flour tortilla
- 2 ¼ teaspoons BBQ sauce (your favorite brand)
- 2 ¼ teaspoons wildflower or mild honey
- ¼ cup shredded low-fat Mexican blend cheese

#### GUACAMOLE DIP

- Few wedges of fresh avocado (flesh)
- ½ teaspoon fresh lemon juice
- 2 tablespoons nonfat plain Greek yogurt, preferably Fage
- Pinch of salt

### DIRECTIONS

#### For the taco seasoning:

Use a fork to whisk together all the ingredients in a small bowl. (You'll have some left over, which can be kept in an airtight container for up to 6 months.)

#### For the wrapadilla:

- Preheat the oven to 450°F. Line a rimmed baking sheet with aluminum foil.
- Combine the tomato wedges, red and green bell peppers, and sliced onion in a quart zip-top bag. Add ¼ teaspoon of the taco seasoning and 1 teaspoon of the oil. Seal and shake to coat the vegetables evenly. Spread the vegetables on the baking sheet in a single layer and roast for 15-20 minutes, until softened and lightly caramelized. Remove from the oven and reduce the temperature to 350°F.
- Meanwhile, use a fork to mash the pinto beans in a small bowl, then spread them on the tortilla.
- Whisk together the honey and BBQ sauce (same bowl) then spread 1-1/2 tablespoons on top of mashed beans.
- Spoon the roasted vegetables in the center of dressed beans. Sprinkle with the cheese.
- Fold the tortilla into a triangular wrap and brush all sides with remaining ½ teaspoon of oil. Place on the baking sheet (the same one you used is okay). Bake for 7-10 minutes, or until the cheese has melted and the wrapadilla has warmed through.

#### For the guacamole dip:

While the wrapadilla is in the oven, make the guacamole dip. Combine the avocado, lemon juice, Greek yogurt, and salt in a medium bowl. Mash and blend with a fork until smooth.

Serve the wrapadilla warm, with the dip on top or on the side.