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**BLACK BEAN LETTUCE TACOS**

Black beans contain all nine essential amino acids and are rich in nutrients. Consuming beans on a regular basis is associated with a lower risk for heart disease, cancer and type II diabetes. Clearly, black beans nearly steal the show tonight, but then...we make a crispy taco shell from fresh romaine lettuce leaves! Romaine lettuce wraps are a fantastic way to replace bread or tortillas from time-to-time. You can use any large leaf lettuce, or, if you're feeling adventurous, try kale, collard greens or chard. Simple meals like this - that feature whole grains, legumes and vegetables - are just the fuel your body needs! Makes one medium serving.

**Ingredients:**

* 1 cup brown rice, premade and steamed
* ½ can black beans or 2/3 cup premade beans
* ½ tsp cumin
* ½ tsp chili powder
* Sea salt and pepper to taste
* ½ red, yellow, or green pepper, diced
* 4 large whole Romaine lettuce leaves, washed, pat dry, stem trimmed
* Optional: 2 pinches cayenne pepper for more heat

**Method:**

1. Steam the premade brown rice to heat it up.
2. In a pot, heat a little purified water on low medium heat.
3. Add the beans and peppers. Then add the cumin, chili powder, and cayenne pepper, salt and pepper to taste.
4. Heat until warmed through. The red pepper doesn’t need to cook just warm.
5. Add the steamed rice to the bean mixture and mix through.
6. Fill the romaine lettuce leaves with brown rice, beans, and red peppers. Enjoy!