

QUINOA CAVIAR SNACK WRAPS



INGREDIENTS

- 2 cups cooked quinoa
- 1 cup canned black beans, rinsed and drained
- Half of a small red onion, diced
- 1 small orange or yellow bell pepper, cored, seeded, diced
- 1 cup frozen corn kernels, thawed (or fresh)
- 1 jalapeño pepper, seeded, stemmed and minced
- 2 tsp fresh cilantro (or parsley), chopped
- 2-3 Tbsp lime juice (from about 2 limes)
- ¼ tsp kosher or sea salt
- 2-3 Tbsp extra-virgin olive oil
- 2 heads Boston or Bibb lettuce, leaves whole and cleaned

*Optional Garnishes: Avocado chunks, chopped seeded Roma tomatoes and lime wedges



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DIRECTIONS

Place cooked quinoa in a large bowl. Add the beans, onion, bell pepper, corn, jalapeno and cilantro.

In a small bowl, whisk together the lime juice, salt and olive oil. Pour over the quinoa mixture and stir to combine. Taste to check seasoning level.

Place lettuce leaves on a platter or serving plates. Spoon the mixture on top of the leaves. Garnish on top with avocado and tomato. Serve and enjoy.

