

## Italian Beans with Pesto Wrap

Yield: 4 servings

Total Time: 30 mins

Nutritional Info (Per serving): Calories: 333, Saturated Fat: 2g, Sodium: 426mg, Dietary Fiber: 11g, Total Fat: 11g, Carbs: 47g, Cholesterol: 3mg, Protein: 15g

### Ingredients:

14 ounces broth, reduced-sodium chicken	2 tablespoons vinegar, balsamic
3/4 cup bulgur	2 cups beans, red kidney, cooked or canned
1 medium pepper, red, bell, chopped	Pepper, black ground
1/3 cup pesto, basil	Tortilla, flour (optional)
1/4 cup scallions, thinly sliced	Salad greens (optional)

### Directions

1. In a large saucepan, combine broth and bulgur. Bring to boiling; reduce heat. Cover and simmer about 15 minutes or until bulgur is tender. Remove from heat. Stir in sweet pepper, pesto, green onions, and balsamic vinegar. Stir in beans. Season with ground black pepper. Transfer to an airtight storage container. Cover and chill for up to 3 days.
2. If desired, roll up in tortillas or serve on salad greens.



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