



Smoky Black Bean Chicken Wraps

Rustle up the family for a filling meal the kids will love.

To prepare and freeze

- 1 portion *Make-Ahead Chicken*
- 1 can (15 oz) black beans, drained and rinsed
- 2-3 tbsp **Smoky Barbecue Rub**, divided (see Cook's Tip)
- 2 cups cooked rice

To finish and serve

- ½ cup water
- 4 oz shredded cheddar cheese
- 6 11-in. flour tortillas
- Shredded lettuce, diced tomatoes and barbecue sauce or Louisiana hot sauce (optional)

1. Prepare and freeze

- In Bag 1, combine chicken, beans and 1-2 tbsp of the rub.
- In Bag 2, combine rice and remaining 1 tbsp rub.
- Seal Bag 2 and place into Bag 1; seal. Freeze for up to three months.

2. Finish and serve!

To cook and serve immediately

- Omit water. Place contents of Bags 1 and 2 into **(12-in.) Skillet**. Cook over medium-high heat 3-5 minutes or until chicken is heated through.
- To assemble wraps, divide cheese evenly among tortillas; top with chicken mixture and optional ingredients, if desired.
- Roll up tortillas tightly. Cut wraps in half on a bias and serve.

To cook and serve from freezer

- Add contents of Bag 1 and water to **(12-in.) Skillet**; cover. Cook over medium-high heat 6-8 minutes or until hot, breaking chicken apart as necessary using **Bamboo Spatula**.
- Add contents of Bag 2 to Skillet; cook 4-6 minutes or until mixture is heated through.
- Assemble wraps as directed above.

Yield: 6 servings

Nutrients per serving (excluding optional ingredients): Calories 460, Total Fat 8 g, Saturated Fat 5 g, Cholesterol 65 mg, Carbohydrate 51 g, Protein 32 g, Sodium 1120 mg, Fiber 4 g

Cook's Tips: If cooking immediately, decrease rub in Bag 1 to 1 tbsp.

To save even more time, packaged, prepared rice can be substituted for the cooked rice in Bag 2.