

## Tijuana Torta

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A Mexican-style torta is just like a burrito, except the “wrapper” is a hollowed-out roll instead of a tortilla. Here it's filled with mashed spiced black beans and a quick guacamole. Take this vegetarian version to another level (and add calcium) by melting Monterey Jack cheese onto the bean side of the sandwich.

### Ingredients:

- 1 15-ounce can black beans, or pinto beans, rinsed (see Note)
- 3 tablespoons prepared salsa
- 1 tablespoon chopped pickled jalapeño
- ½ teaspoon ground cumin
- 1 ripe avocado, pitted
- 2 tablespoons minced onion
- 1 tablespoon lime juice
- 1 16- to 20-inch-long baguette, preferably whole-grain
- 1½ cups shredded green cabbage

### Directions:

- Mash beans, salsa, jalapeño and cumin in a small bowl. Mash avocado, onion and lime juice in another small bowl.
- Cut baguette into 4 equal lengths. Split each piece in half horizontally. Pull out most of the soft bread from the center so you're left with mostly crust. Divide the bean paste, avocado mixture and cabbage evenly among the sandwiches. Cut each in half and serve.

**Yield:** 4 servings

**Nutritional Information:** 354 Calories; 9 g Fat; 1 g Sat; 5 g Mono; 0 mg Cholesterol; 60 g Carbohydrates; 17 g Protein; 17 g Fiber; 682 mg Sodium; 639 mg Potassium

Recipe Source: EatingWell: July/August 2008

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.