**Ingredients**
- 3 cups cooked brown rice (Minute instant rice)
- 1 can (15-ounce) black beans
- 1 can (15-ounce) whole kernel corn
- 2 cups shredded Monterey jack cheese (or preferred cheese)
- 1 cup medium salsa
- 8 10-inch or burrito-sized Whole-Wheat tortillas

**Mexican Roll-Ups**

**Directions**
1. PREPARE rice according to package directions, allowing about 15 minutes for instant rice. Cool completely.
2. PLACE beans in a colander or strainer, and rinse to reduce sodium. Transfer to a large bowl.
3. RINSE and drain canned corn and add to bowl.
4. STIR in rice, cheese, and salsa.
5. SPOON about ½ cup filling on each tortilla. Roll or fold up.
6. TO FREEZE for future use: Wrap each in plastic wrap and place in pan in freezer overnight. When completely frozen, place in freezer weight plastic bag. Seal, label with date, and return to freezer.

TO USE: Best if thawed in the refrigerator before reheating. Microwave thawed tortillas in the plastic wrap for about 1 minute.