**Black Bean, Feta & Avocado Quinoa Wrap with Avocado-Tahini Dip**

This Black Bean, Feta & Avocado Quinoa Wrap is an amazing vegetarian lunch? Look no further. These quinoa wraps are packed with flavor and as nutritious as they are delicious.

### Ingredients

* 1 cup [quinoa](http://amzn.to/2iZatie)
* 2 cups water
* 1 15- ounce [can of black beans](http://amzn.to/2zKxPzz) drained
* 1 ripe avocado
* 6-8 spinach leaves
* 3 oz Monterey jack cheese to taste
* 3 oz feta cheese to taste
* 6 large tortillas gluten free
* 1 medium ripe avocado peeled and diced
* 1/3 cup [well stirred tahini – make sure this is a level cup](http://amzn.to/2Ax3jGs)
* 3 tablespoons fresh lemon juice
* 1/2 teaspoon ground cumin
* 2 tablespoons cilantro minced
* 1/2 teaspoon [coarse sea salt](http://amzn.to/2zvKbZj)
* 1/4 cup filtered water

### Instructions

* Peel and dice your avocado, measure out the 1/3 cup tahini, squeeze up your 3 tablespoons lemon juice and wash and mince your cilantro leaves.
* Combine the avocado, tahini, lemon juice, cumin, cilantro and sea salt in a mini prep or food processor and puree until smooth.
* Make sure to scrape down the sides one or two times so that everything gets mixed in. The mixture will be pretty thick and chunky at this point.
* Add in the 1/4 cup water and puree again until blended and smooth.
* Next, let’s make up your quinoa. Bring the 1 cup well-rinsed quinoa and 2 cups water to a boil in a medium saucepan. Once the quinoa has come to a boil, give it a stir, cover it, and reduce the heat to simmer. Cook the quinoa until all the water is absorbed, about 10-15 minutes. The quinoa is done when it’s tender, and you can see the little quinoa curlicues.
* Now, let’s assemble the wrap!
* Assembling the wrap is all personal preference. Some of you are going to want huge wraps, and others of you are going to want a smaller wrap. So with that being said, take the amount of quinoa that you want to put in your wrap and put it in a small bowl, add in some black beans and then heat up the quinoa and black bean mixture either via the stove top or microwave.
* Mix in some of the avocado tahini dip to the quinoa and black bean mixture. The amount of avocado-tahini dip you add in is to taste. I like to add in enough to make the quinoa a bit creamy. The more avocado-tahini dip you add, the more flavor the quinoa will have.
* Note: If I’m going to microwave the quinoa mixture, then I just add in the avocado-tahini dip at the same time as the black beans.
* You can heat up your tortilla and melt your cheese anyway you wish. This is just what I do. Get out a tortilla and place it in a dry skillet over medium heat. Add to one-half of the tortilla the Monterey Jack cheese and feta. Flip the other half over like you’re making a quesadilla, and let the cheese melt.
* Take the cheesy tortilla and place it on a plate. Top the tortilla with some spinach.
* Add the quinoa mixture and then top it off with some fresh diced avocado.
* Wrap it up like a burrito and enjoy!
* I’ve also enjoyed this quinoa salad sans the wrap. I’ve taken the black bean and quinoa mixture and put it in a bowl and topped it with some diced avocado and feta cheese. It’s good anyway you eat it really.