RECIPE

California Avocado Super Summer Wrap

Fresh avocado doubles for dressing and filling, complementing blueberries, carrots, arugula and chicken in this appetizing summer wrap.

Makes: 4 Servings
Prep Time: 15 minutes

Source: MyPlate Super Simple Cookbook

Small Changes, BIG Difference!

Ingredients

- 1 ripe avocado (seeded, peeled, and cut into chunks)
- 1/2 cup plain nonfat Greek yogurt
- 1 teaspoon lime juice
- 1/2 cup blueberries
- 1/2 cup carrots (grated)
- 1/4 cup red onion (chopped)
- 2 cups fresh arugula (chopped)
- 12 ounces cooked chicken breast (cubed)
- 4 8" whole wheat tortillas

Directions

1. Mash half the avocado chunks with yogurt and lime juice in a medium bowl.
2. Add remaining filling ingredients, including the rest of the avocado chunks; mix gently.
3. Top each tortilla with 1/4 of filling mixture.
4. Roll tuck in ends. Slice in half diagonally, securing with toothpicks, if needed.

Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	379
Total Fat:	13g
Saturated Fat:	4g
Cholesterol:	86mg
Sodium:	346mg
Total Carbohydrates:	30g
Dietary Fiber:	8g
Total Sugars:	6g
Added Sugars:	1g
Protein	35g

Utensils Needed

- Sharp knife
- Cutting board
- Medium bowl
- Mixing spoon
- Fork
- Measuring spoons
- Measuring cups

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