

California Avocado Super Summer Wrap

Rating: ★★★★★

Prep time: 15 minutes

Makes: 4 Servings

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

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.

Produce for Better Health Foundation



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	389	
Total Fat	13 g	20%
Protein	35 g	
Carbohydrates	32 g	11%
Dietary Fiber	7 g	28%
Saturated Fat	3 g	15%
Sodium	370 mg	15%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	3/4 cup
Grains	2 ounces
Protein Foods	3 ounces
Dairy	1/4 cup

