

Avocado super summer wrap



Recipe credit

Produce for Better Health Foundation

About this recipe

Serves

4

Serving size

1/4 of the recipe

Time to make

15 minutes

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.

Nutritional info

Calories

389

Total fat

13 g

Saturated fat

3 g

Cholesterol

75 mg

Total carbohydrates

32 g

Dietary fiber

7 g

Protein

35 g

Total sugar

6 g

Allergens

Dairy

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