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

View other recipe categories

- Beverages
- Breads
- Breakfast
- Main dishes
- Salads
- Seasonings and salsa
- Side dishes
- Snacks and sweets
- Soups

You may also like

