

Avocado Veggie Wrap

4 servings

Planning meals saves you time and money. Start by planning the meal that your family eats together the most.



- 1 avocado, gently rubbed under cold running water, seeded, peeled and cut into chunks
- 1/2 cup plain nonfat Greek yogurt
- 1 teaspoon lime juice
- 1/2 cup carrots, scrubbed with clean vegetable brush under running water, grated
- 1/2 cup celery, scrubbed with clean vegetable brush under running water, chopped
- 1/4 cup red onion, chopped, scrubbed with clean vegetable brush under running water
- 12 ounces cooked chicken breast, cubed
- 1/2 cup blueberries, gently washed under cold running water
- 4 (8-inch) whole wheat tortillas
- 2 cups fresh spinach, chopped, gently rubbed under cold running water
- 2 Tablespoons sunflower seeds or sliced almonds

1. Wash hands with soap and water.
2. In a medium bowl, mash 1/2 of the avocado chunks. Add yogurt and lime juice, mix until combined.
3. Add remaining avocado, carrot, celery, onion and chicken; mix gently. Fold in blueberries.
4. Place tortilla on a plate. Top with 1/4 of the chicken mixture. Top with spinach and sunflower seeds.
5. Roll up tortilla.

Nutrition Information per Serving: (1 wrap) Calories 387, Total Fat 14 g, Saturated Fat 3 g, Sodium 674 mg, Total Carbohydrate 29 g, Dietary Fiber 8 g, Protein 37 g