

## 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
- ½ cup plain nonfat Greek yogurt
- 1 teaspoon lime juice
- ½ cup carrots, scrubbed with clean vegetable brush under running water, grated
- ½ cup celery, scrubbed with clean vegetable brush under running water, chopped
- ¼ cup red onion, chopped, scrubbed with clean vegetable brush under running water
- 12 ounces cooked chicken breast, cubed
- ½ 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 ½ 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 ¼ of the chicken mixture. Top with spinach and sunflower seeds. Roll up tortilla.
5. Store leftovers in a sealed container for up to four days in the refrigerator.

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