



## 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  $\frac{1}{2}$  cup plain nonfat Greek yogurt

1 teaspoon lime juice

<sup>1</sup>/<sub>2</sub> 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

 $\frac{1}{2}$  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  $\frac{1}{2}$  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 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.

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.



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