Prep time: 25 minutes  
Serves: 4  
Cost per Serving: $1.98

Utensils Needed:  
Potato masher  
Measuring cups  
Measuring spoons  
Spoon  
Knife

Bean & Avocado Wrap

Ingredients:
1– 15-ounce can great northern beans, drained & rinsed  
1 ripe avocado  
1/4 cup shredded mild Cheddar cheese  
1/4 cup diced red onion  
1 Tablespoon olive oil  
2 Tablespoons cider vinegar  
1/4 teaspoon salt  
2 teaspoons canned chipotle chile in adobo sauce, finely chopped  
2 cups red cabbage, shredded  
1 medium carrot, shredded  
1/4 cup chopped fresh cilantro  
4 8-inch whole-wheat tortillas

Directions:
1. Mash beans and avocado in medium bowl with a potato masher or fork. Stir in cheese and onion.
2. In another medium bowl whisk oil, vinegar, salt, and chipotle chile. Add cabbage and mix together.
3. To assemble the wraps, spread about 1/2 cup of the bean and avocado mixture onto a tortilla and top with about 1/3 cup of the cabbage, carrots, and cilantro. Roll up. Repeat with remaining ingredients.

NUTRITION FACTS

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 wrap</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>380</td>
</tr>
<tr>
<td>Fat</td>
<td>15 g</td>
</tr>
<tr>
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<tr>
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<tr>
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<tr>
<td>Protein</td>
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