

CALIFORNIA AVOCADO SUMMER WRAPS

1 ripe avocado, seeded, peeled and cut into chunks

½ cup plain nonfat Greek yogurt

1 tsp. lime juice

½ cup blueberries

½ cup carrots, grated

¼ cup red onion, chopped

2 cups fresh arugula, chopped

12 ounces cooked chicken breast, cubed

4 8-inch whole wheat tortillas

PREPARATION

Mash half of the avocado chunks with the yogurt and lime juice in a medium bowl. Add the remaining filling ingredients, including the rest of the avocado chunks; mix gently. Top each tortilla with ¼ of the filling mixture. Roll and tuck in the ends. Slice in half diagonally, securing with toothpicks if needed.

Makes: 4 servings

Nutritional Information (per serving)

Total Calories	389
Total Fat	13 g
Protein	35 g
Carbohydrates	32 g
Dietary Fiber	7 g
Saturated Fat	3 g
Sodium	370 mg

*Percent Daily Values are based on a 2,000 calorie diet.

Source: USDA