

California Avocado Super Summer Wrap

1 ripe avocado, seeded, peeled, and
cut into chunks
1/2 cup plain nonfat Greek yogurt
11 teaspoon lime juice
1/2 cup blueberries

1/2 cup carrots grated
1/4 cup red onion, chopped
2 cups fresh arugula, chopped
12 oz. cooked chicken breast, cubed
4 (8-inch) whole wheat tortillas

Instructions: Mash half the avocado chunks with yogurt and lime juice in a medium bowl. Add remaining filling ingredients, including the rest of the avocado chunks; mix gently. Top each tortilla with 1/4 filling mixture. Roll tuck in ends. Slice in half diagonally, securing with toothpicks, if needed.

Yield: 4 servings

Nutrition Facts (per serving): 389 calories, 13 grams of fat, 370 milligrams sodium, 32 grams carbohydrate, 7 grams fiber, 35 grams protein

Source: *What's Cooking? USDA Mixing Bowl*