

Chicken Avocado Wrap

Total Time: 20 minutes

Servings: 4 wraps

Ingredients

- 1 ripe avocado (seeded, peeled, & cut into chunks)
- ½ cup plain nonfat Greek yogurt
- 1 teaspoon 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 or shredded
- 4, 8-inch whole wheat tortillas



Directions

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

Recipe and image from SNAP-Ed New York

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