Creamy Avocado & White Bean Wrap

Yield: 4 servings  
Total Time: 25 minutes

**Ingredients**
- 2 Tbsp cider vinegar
- 1 Tbsp canola or olive oil
- 2 tsp finely chopped Chipotle chiles in adobo sauce (see Tip)
- 2 cups shredded red or green cabbage
- 1 medium carrot, shredded or 1 cup pre-shredded carrots
- ¼ cup chopped fresh cilantro
- 1 15-ounce can white beans, rinsed
- 1 ripe avocado
- ½ cup shredded reduced fat Cheddar cheese
- 2 Tbsp minced red onion
- 4 8- to 10-inch whole-wheat wraps or tortillas

**Preparation Instructions**
1. Whisk vinegar, oil, and Chipotle chiles in a medium bowl. Add cabbage, carrot and cilantro; toss to combine.
2. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion.
3. To assemble the wraps, spread about ½ cup of the bean-avocado mixture onto a wrap (or tortilla) and top with about 2/3 cup of the cabbage-carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.

**Nutrition Analysis**
Per serving: 410 calories; 16g fat (2g saturated, 0g trans); 5mg cholesterol; 370mg sodium; 49g carbohydrate (11g dietary fiber, 5g sugar); 15g protein. Vitamin A 60%, Vitamin C 30%, Calcium 10%, Iron 20% Daily Value.

**Tips**
Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets.

**Cost**
Per serving: $1.92  
Total ingredient cost: $21.51

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